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THE
OMPLEAT
COOK.

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moſt ready wayes,

Whether, { *Italian*, *Spaniſh*, or *French*,

r dreſſing of *Fleſh*, and *Fiſh*,
Ordering of *Sauces*, or making
OF
PASTRY.

LONDON
nted by *T. C.* for *Nath. Brook*, at the
Angel in *Cornhill*, 1656.

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THE COMPLEAT COOK:

Expertly preſcribing the moſt ready wayes, whether *Italian*, *Spaniſh*, or *French*, for dreſſing of *Fleſh* and *Fiſh*, &c.

To make a *Poſſet*, the *Earl of* Arundels *Way*.

TAke a quart of Cream, and a quarter of a Nutmeg in it, then put it on the fire, & let it boyle a little while, and as it is boylling take a Pot or Baſon, that you can to make your Poſſet in, and put in three ſpoonfuls of Sack, and ſome eight of

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THE COMPLEAT COOK:

Expertly prescribing the most ready wayes, whether *Italian*, *Spanish*, or *French*, for dressing of *Flesh* and *Fish*, &c.

To make a Posset, the Earl of Arundels *Way.*

TAke a quart of Cream, and a quarter of a Nutmeg in it, then put it on the fire, & let it boyle a little while, and as it is boylling take a Pot or Bason, that you can to make your Posset in, and put in three spoonfuls of Sack, and some eight of

Ale, and ſweeten it with Sugar, then ſet it over the coles to warm a little while, then take it off and let it ſtand till it be almost cool, then put it into the Pot or Baicn and ſtir it a little, and let it ſtand to ſimper over the fire an hour or more, for the longer the better.

To boyle a Capon larded with Lemons.

TAke a fair Capon and truſs him, boyl him by himſelfe in faire water with a little ſmall Out-meal, then take Mutton Broth, and half a pint of White-wine, a bundle of Herbs, whole Mace, ſeaſon it with Vergis, put Marrow, Dates, ſeaſon it with Sugar, then take preſerved Lemons and cut them like Lard, and with a larding pin, lard it in, then put the capon in a deep Diſh, thicken your broth with Almonds, and poure it on the Capon.

To bake Red Deere.

PArboyl it, and then ſauce it in Vinegar then Lard it very thick, and ſeaſon it with Pepper, Ginger and Nutmegs, put it into a deep Pye with good ſtore of ſweet Butter, and let it bake, when it is baked, take a pint of Hippocras, half a pound of

ſweeet batter, two or three Nutmegs, le Vinegar, poure it into the Pye in the en and let it lye and ſoake an hour, en take it out, and when it is cold ſtop e vent hole.

To make fine Pan-cakes fryed without Butter or Lard.

TAke a pint of Cream, and ſix new laid Egs, beat them very well together, put in a quarter of a pound of Sugar, and one Nutmeg or a litttle beaten Mace (which you pleaſe) and ſo much flower as will thicken almoſt as much as ordinarily Pan-cake batter; your Pan muſt be heated reaſonably hot & wiped with a clean Cloth, this done put in your Batter as thick or thin as you pleaſe.

To dreſſe a Pig the French manner.

TAke it and ſpit it, & lay it down to the fire, and when your Pig is through warme, skin her, and cut her off the Spit as another Pig is, and ſo divide it in twenty peeces more or leſſe as you pleaſe; when you have ſo done, take ſome White-wine and ſtrong broth, and ſtew it therein, with an Onion or two mixed very ſmall, a little

Time also minced with Nutmeg sliced grated Pepper, some Anchoves and E Vinegar, and a very little sweet Butter, Gravy if you have it, so Dish it up with same Liquor it is stewed in, with Fren Bread sliced under it, with Oranges a Lemons.

To make a Steake Pye with a French Puddi in the Pye.

SEason you Steaks with Pepper & Mu megs, and let it stand an hour in a Tra then take a pecce of the leaneſt of a Leg of Mutton and mince it small with Sue and a few sweet herbs, tops of young Time a branch of Penny-royal, two or three o red *Sage*, grated bread, Yelks of Egs, swee Cream, Raisons of the *Sun*; work altoge-ther like a Pudding, with your hande stiff, and roul them round like Bals, and put them into the Steaks in a deep Coffin, with a piece of sweet Butter; sprinkle a little Verjuice on it, bake it, then cut it up and roul Sage leaves and fry them, and stick them upright in the wals, and serve your Pye without a Cover, with the juyce of an Orange or Lemon.

An excellent way of dreſſing Fiſh.

TAke a piece of freſh Salmon, and waſh it clean in a little Vinegar and water, and let it lie a while in it, then put it into a great Pipkin with a cover, and put to it ſome ſix ſpoonfuls of water, and four of Vinegar, and as much of white-wine, a good deal of Salt, a handful of ſweet herbs, a little white Sorrel, a few Cloves, a little ſtick of Cinamon, a little Mace; put all theſe in a Pipkin cloſe, and ſet it in a Kettle of ſeething water, and there let ſtew three hours.

You may doe Carps, Eeles, Trouts, &c. this way, and they Taſt alſo to your mind.

To fricaſe Sheeps-feet.

TAke Sheeps feet, ſlit the bone, and pick them very clean, then put them in a Frying-pan, with a Ladlefull of ſtrong Broth, a piece of Butter, and a little Salt; after they have fryed a while, put to them a little Parſley, green Chibals, a little young Speremint and Tyme, all ſhred very ſmall, and a little beaten Pepper; when you

think they are fryed almoſt enough, have lear made for them with the yelks of two or three Eggs, ſome Gravy of Mutton, a little Nutmegg, and juyce of a Lemon wrung therein, and put this leare to the Sheeps feet as they fry in the Pan, then toſs them once or twice, and put them forth into the Diſh you mean to ſerve them in.

To fricate Calves Chaldrons.

TAke a Calves Chaldron, after it is little more then half boyled, and when it is cold, cut it into little bits as big as Walnuts; ſeaſon it with beaten Cloves, Salt, Nutmeg, Mace, and a little Pepper, an Onion, Parſley, and a little Tarragon, all ſhred very ſmall, then put it into a frying-pan, with a Ladlefull of ſtrong broth, and a little piece of ſweet Butter, ſo fry it; when it is fryed enough, have a little lear made with the Gravy of Mutton, the juyce of a Lemon and Orange, the yelks of three or four Eggs, and a little Nutmeg grated therein; put all this to your Chaldrons in the Pan, Toſs your Fricat two or three times, then diſh it, and ſo ſerve it up.

To Fricate Champigneons.

Make ready your champigneonsas you do for ſtewing, and when you have boyled away the black liquor that comes from them, put your champigneons into a frying pan with a peece of ſweet Butter a little Parſley, Tyme, ſweet Marjoram, a peece of Onion ſhred very ſmall, a little Salt and fine beaten Pepper, ſo fry them till they be enough, ſo have ready the lear above ſaid,& put it to the Champigneons whilſt they are in the Pan, toſs them two or three times, put them forth and ſerve them.

To make buttered Loaves.

TAke the yelks of twelve Eggs, and ſix whites and a quarter of a pint of yeaſt, when you have beaten the Eggs well, ſtrain them with the yeaſt into a Diſh, then put to it a little ſalt, and two raſes of Ginſter beaten very ſmal, then put flower to it till it come to a high Paſt that will not cleave, then you muſt roul it upon you hands, and afterwards put it into a warm Cloth, and let it lye there a quarter of an houre, then make it up in little Loaves, bake it,

againſt it is baked prepare a pound and a half of Butter, a quarter of a pint of white wine, and half a pound of Sugar; This being melted and beaten together with it, ſet them into the Oven a quarter of an hour.

To murine Carps, Mullet, Gurnet, Rochet, or Wale, &c.

TAke a quart of water to a Gallon of Vinegar, a good handfull of Bay-leavs, as much Roſemary, a quarter of a pound of Pepper beaten; put all theſe together, and let it ſeeth ſoftly, & ſeaſon it with a little Salt, then fry your Fiſh with frying Oyle till it be enough, then put in an earthen Veſſell, and lay the Bay-leaves and Roſemary between and about the Fiſh, and pour the Broath upon it, and when it is cold cover it, *&c.*

To make a Calves Chaldron Pye.

TAke a Calves Chaldron, half boyl it, and cool it; when it is cold mince it as ſmall a grated bread, with half a pound of Marrow; ſeaſon it with Salt, beaten Cloves, Mace, Nutmeg a little Onion, and ſome of the outmoſt rind of a Lemon minced

minced very ſmall, and wring in the juice of halfe a Lemon, and then mix all together, then make a piece of puff Paſt, and lay a leaf therof in a ſilver Diſh of the biggeſt to contain the meat; then put in your meat, and cover it with another leaf of the ſame Paſt, and bake it; and when it is baked take it out, and open it, and put in the juyce of two or three Oranges, ſtir it well together, then cover it again and ſerve it. Be ſure none of your Orange kernels be among your Pye-meat

To make a Pudding of a Calves Chaldron.

TAke your Chaldron after it is half boyled and cold, mince it as ſmall as you can with half a pound of Beef Suet, or as much Marrow, ſeaſon it with a little Onion, Parſley, Tyme, and the outermoſt rind of a piece of Lemon, all ſhred very ſmall, Salt, beaten Nutmeg, Cloves and Mace mixed together, with the yelks of four or five Eggs, and a little ſweet Cream; then have ready the great Gutts of a Mutton ſcraped and waſhed very clean; let your Gutt have lain in White-wine and Salt halfe a day before you uſe it; when your meat is mixed and made up ſomewhat ſtiff put it into the Sheeps-gott, and ſo boyl it,

when

when it is boyled enough, ſerve it to the Table in the Gutt.

To make a Banbury Cake.

TAke a peck of pure Wheat flower, ſix pound of Currans, half a pound of Sugar, two pound of Butter, half an ounce of Cloves and Mace, a pint and a half of Ale yeaſt, and a little Roſewater; then boile as much new milk as will ſerve to knead it and when it is almoſt cold, put into it as much Sack as will thicken it, and ſo work it altogether before a fire, pulling it two or three times in pieces, after make it up.

To make a Devonſhire White-pot.

TAke a pint of Cream and ſtrain four Eggs into it, and put a little Salt and a little ſliced Nutmeg, and ſeaſon it with Sugar ſomewhat ſweet; then take almoſt a penny Loaf of fine bread ſliced very thin, and put it into a Diſh that will hold it, the Cream and the Egs being put to it; then take a handfull of Raiſins of the Sun being boyled, and a little ſweet Butter, ſo bake it.

To

To make Rice Cream.

TAke a quart of Cream, two good handfuls of Rice flower, a quarter of a pound of Sugar and flower beaten very small, mingle your Sugar and flower together, put it into your Cream, take the yelk of an Egg, beat it with a spoonful or two of Rosewater, then put it to the Cream, and stir all these together, and set it over a quick fire, keeping it continually stirring till it be as thick as water pap.

To make a very good Great Oxfordshire CAKE.

TAke a peck of flower by weight, and dry it a little, and a pound and a half of Sugar, one ounce of Cinamon, half a ounce of Nutmegs, a quarter of an ounce of Mace & Cloves, a good spoonful of Salt, beat your Salt and spice very fine, and searce it, and mix it with your flower and Sugar; then take three pound of butter and work it in the flowr, it wil take three hours working; then take a quart of Ale yeast, two quarts of Cream, half a pint of Sack, six grains of Amber-greece dissolved in it, halfe a pint

pint of Roſewater, ſixteen Eggs, eight of the Whites, mix theſe with the flower, and knead them well together, then let it lie warm by your fire till your Oven be hot, which muſt be a little hotter then for manchet; when you make it ready for your Oven, put to your Cake ſix pound of Currans, two pound of Raiſins of the Sun ſtoned and minced, ſo make up your Cake, and ſet it in your oven ſtopped cloſe; it will take three houres a baking; when baked, take it out and froſt it over with the white of an Egge and Roſewater, well beat together, and ſtrew fine Sugar upon it, and then ſet it again into the Oven that it may Ice.

To make a Pumpion Pye.

TAke about halfe a pound of Pumpion and ſlice it, a handful of Tyme, a little Roſemary, Parſley and ſweet Marjorum ſlipped off the ſtalks, and chop them ſmal, then take Cinamon, Nutmeg, Pepper and ſix Cloves, and beat them; take ten Eggs and beat them; then mix them, and beat them altogether, and put in as much Sugar as you think fit, then fry them like a froiz; after it is fryed, let it ſtand till it be cold, then fill your Pye, take ſliced Apples thinne round wayes, and lay a row of the Froize, and layer of Apples with Currans

Currants betwixt the layer while your Pie is fitted, and put in a good deal of sweet butter before you close it; when the Pye is baked, take six yelks of Eggs, some White-wine or Vergis, and make a Caudle of this, but not too thick; cut up the Lid & put it in, stir them well together whilst the Eggs and Pumpions be not perceived, and so serve it up.

To make the best Sausages that ever was eat.

TAke a leg of young Pork, and cut off all the lean, and shred it very small, but leave none of the strings or skins amongst it, then take two pound of Beef Suet, and shred it small, then take two handfuls of red Sage, a little Pepper and Salt, and Nutmegg, and a small peece of an Onion, chop them altogether with the flesh and Suet; if it is small enough, put the yelk of two or three Egs and mix altogether, and make it up in a Past if you will use it, roul out as many peeces as you please in the form of an ordinary *Sausage*, and so fry them, this Past will keep a fortnight upon occasion.

To

To boyle fresh Fish.

TAke a Carp, or other, & put them into a deep Dish, with a pint of white wine, a large Mace, a little Tyme, Rosemary, a piece of sweet Butter, and let him boyle between two dishes in his owne blood, season it with Pepper and Vargis, and so serve it up on Sippets.

To make Fritters.

TAke halfe a pint of *Sack*, a pint of Ale some Ale yeast, nine Eggs, yelks and whites, beat them very well, the Egg first, then altogether put in some Ginger, and salt, and fine flower, then let it stand an houre or two; then shed in the Apples; when you are ready to fry them, your suet must be all Beef suet, or halfe Beef, and halfe Hogs suet tryed out of the leafe.

To make Loaves of Cheese Curds.

TAke a Porringer full of Curds, and four Egs whites and yelks, and so much flowr as will make it stiff, then take a little Ginger, Nutmeg and some Salt, make them into loaves and set them into an oven with a quick

quick heat; when they begin to change colour take them out, and put melted butter to them, and some Sack, and good store of Sugar, and so serve it.

To make fine Pies after the French fashion:

TAke a pound and a half of Veale, two pound of suet, two pound of great Raisins stoned, half a pound of Prunes, as much of Currans, six Dates, two Nutmegs, a spoonfull of Pepper, an ounce of Sugar, an ounce of Carrawayes, a Saucer of Verjuyce, and as much Rosewater, this will make three fair Pyes, with two quarts of flower, three yelks of Eggs, and halfe a pound of Butter.

A Singular Receit for making a Cake.

TAke half a peck of flower, two pound of Butter, mingle it with the flower, three Nutmegs, & a little Mace, Cinamon, Ginger, half a pound of Sugar, leave some out to strew on the top; mingle these well with the flower and Butter, five pound of Currans well washed, & pickt, and dryed in a warm Cloth, a wine pint of Ale yeast, six Eggs leave out the whites, a quart of Cream boyled and almost cold againe:

work

work it well together and let it be w
lith, lay it in a warm Cloth, and let it
half an hour againſt the fire. Then make
up with the white of an Egg, a little B
ter, Roſewater and *Sugar*; Ice it over a
put it into the Oven, and let it ſtand o
whole hour and a half.

To make a great Curd Loaf.

TAke the Curds of three quarts of ne
milk clean wheyed, & rub into them
little of the fineſt flower you can get, the
take half a race of Ginger, and ſlice it ver
thin, and put it into your Curds with
little *Salt*, then take halfe a pint of goo
Ale Yeaſt and put to it, then take te
Eggs, but three of the Whites, let there b
ſo much flower as will make it into a rea-
ſonable ſtiff Paſt, then put it into an indif-
ferent hot cloth, and lay it before the fir
to riſe while your Oven is heating, the
make it up into a Loaf, and when it is ba-
ked, cut up the top of the Loaf, and put in
a pound and a half of melted Butter, and a
good deal of Sugar in it.

To make buttered Loaves of Cheese-curds.

TAke three quarts of new Milk, and put in as much Rennet ss will turn, take your Whey clean away, then break your Curds very ſmal with your hands, and put in ſix yelks of Eggs, but one white; an handfull of grated bread, an handfull of Flower, a litttle Salt mingled altogether; work it with your hand, roul into little Loaves, then ſet them in a Pan buttered, then beat the yelk of an Egg with a little Beer, and wipe them over with a feather, then ſet them in the Oven as for Manchet, and ſtop that cloſe three quarters of an hour, then take half a pound of butter, three ſpoonfuls of water, a Nutmeg ſliced thin, a little Sugar, ſet it on the fire, ſtir it till it be thick; when your Loaves are baked, cut off the tops and butter them with this Butter, ſome under, ſome over, and ſtrow ſome Sugar on them.

To make Cheeſe-loaves.

GRate a Cheat-Loaf, and take as much Curd as bread, to that put eight yelks of Eggs and four Whites, and beat them very well, then take a little Cream, but let it

it be very thick, put altogether, and mak them up with two handfuls of flower the Curds muſt be made of new milk and whayed very dry, you muſt make them like little Loaves and bake them in an Oven; and being baked cut them up, and have in readineſſe ſome ſweet Butter, Sugar, Nutmeg ſliced and mingled together, put it into the Loaves, and with it ſtir the Cream well together, then cover them again with the tops, and ſerve them with a little Sugar ſcraped on.

To make Puff.

Take four pints of new milke, rennit, take out all the Whey very clean, and wring it in a dry Cloth, then ſtrain it in a wooden Diſh till they become as Cream, then take the yelks of two Eggs, and beat them and put them to the Curds, and leave them with the Curds, then put a ſpoonfull of Cream to them, and if you pleaſe halfe a ſpoonful of Roſe-water, and as much flower beat in it as will make it of an indifferent ſtiffneſs, juſt to roul on a Plate, then take of the Kidney of Mutton ſuet and purifie it, and fry them in it, and ſerve them in with Butter, Roſewater and Sugar.

To

To make Elder Vinegar.

Gather the flowers of Elder, pick them very clean, and dry them in the Sun a gentle heat, and take to every quart Vinegar a good handfull of flowers d let it ſtand to ſun a fortnight, then ain the Vinegar from the flowers, and ut it into the barrell againe, and when ou draw a quart of Vinegar, draw a uart of water, and put it into the Barill luke warme.

To make good Vinegar.

Take one ſtrike of Malt, and one of Rye ground, and maſh them toge-her, and take if they be of good three ound of Hops, if not four pound; make wo Hogs-heads of the beſt of that alt and Rye, then lay the Hogsheads here the Sunne may have power over em, and when it is ready to Tun, fill our hogsheads where they lye, then let em purge cleer and cover them with wo ſlate ſtones, and within a week af-r when you bake, take two cheat loaves ot out of the Oven, and put into each ogſhead a loaf, you muſt uſe this foure nes, you muſt brew this in *Aprill*, and

let

let it ſtand tilll *June*, then draw them clearer, then waſh the Hogſheads cleans, and put the Beer in again; if you will have it Roſe-vinegar, you muſt put in a ſtrike and a half of Roſes; if Elder-vinegar, a peck of the flowers; if you will have it white, put nothing in it after it is drawn, and ſo let it ſtand till *Michaelmas*; if you will have it coloured red, take four gallons of ſtrong Ale as you can get, and Elder berries picked a few full clear, and put them in your pan with the Ale, ſet them over the fire til you gueſſe that a pottle is waſted, then take it off the fire, and let it ſtand till it be ſtone cold, and the next day ſtrain it into the Hogſhead, then lay them in a Cellar or Buttery which you pleaſe.

To make a Collar of Beef.

TAke the thinneſt end of a coaſt of beef, boyle it and lay it in Pump-water, & a little ſalt, three dayes ſhifting it once every day, and the laſt day put a pint of Claret Wine to it, and when you take it out of the water, let it lie two or three hours a drayning; then cut it almoſt to the end in three ſlices, then bruiſe a little Cochinell and a very little Allum, & mingle it with the Claret-wine, & colour the meat all over.

with it, then take a dozen of Ancho-
, wash them and bone them, and lay
m into the Beef, and season it with
wes, Mace and Pepper, and two hand-
of salt, and a little sweet Marjoram and
me, and when you make it up, roul the
rmost slice first, and the other two up-
, being very well seasoned everywhere,
bind it hard with Tape, then put it in-
stone-pot, something bigger then the
ller, and pour upon it a pint of Claret-
e, and halfe a pint of wine-vinegar, a
g of Rosemary, and a few of Bay-leaves
bake it very well; before it is quite
d, take it out of the Pot, and you may
pit dry as long as you please.

To make an Almond Pudding.

TAke two or three French-Rowles, or
white penny bread, cut them in slices,
put to the bread as much Cream as wil
er it, put it on the fire till your Cream
bread be very warm, then take a ladle
oon and beat it very wel together; put
his twelve Eggs, but not above foure
tes, put in Beef Suet, or Marrow, accor-
g to your discretion, put a pretty quan-
of Currans and Raisins; season the
ding with Nutmeg, Mace, Salt, and

Sugar,

Sugar, but very little flower for it wi
make it ſad and heavy; make a piece
puff paſt as much as will cover your diſh, ſ
cut it very handſomely what faſhion yo
pleaſe; Butter the bottome of your Diſh,
put the pudding into the Diſh, ſet it in a
quick Oven, not too hot as to burne it, le
it bake till you think it be enough, ſcrap
on Sugar, and ſerve it up.

To boyle Cream with French Barly.

TAke the third part of a pound of French Barley, waſh it well with faire water, and let it lie all night in fair water, in the morning ſet two skillets on the fire with faire water, and in one of them put your Barley, and let it boyl till the water look red, then put the water from it, and put the Barley into the other warme water, thus boyl it and change with freſh warm water til it boyl white, then ſtrain the water clean from it, then take a quart of Creame, pu into it a Nutmeg or two quartered, a little large Mace and ſome Sugar, and let it boyl together a quarter of an hour, and when it hath thus boyled, put into it the yelks of three or foure Eggs, well beaten with a litt

tle Roſe-water, then diſh it forth, and t it cold.

To make Cheeſe-Cakes.

TAke three Eggs and beat them very well, and as you beat them, put to them much fine flower as will make them hick, then put to them three or four Eggs ore, and beat them altogether; then take ne quart of Creame, and put into it a uarter of a pound of ſweet butter, and t them over the fire, and when it begins oboyle, put to it your Eggs and flower, ir it very well, and let it boyle till it be hick, then ſeaſon it with Salt, Cinamon, ugar, and Currans, and bake it.

To make a Quaking Pudding.

TAke a Pint and ſomewhat more of thick Creame, ten Eggs, put the whites of hree, beat them very well with two oonfuls of Roſe-water; mingle with ur Creame three ſpoonfulls of fine wer, mingle it ſo well, that there be lumps in it, put it altogether, and ſon it according to your Taſt; Butter loth very well, and let it be thick that ay not run out, and let it boyle for

half an hour as fast as you can, then take it up and make *Sauce* with Butter, Rose-water and Sugar, and serve it up.

You may stick some blanched Almonds upon it if you please.

To Pickle Cucumbers.

Put them in an Earthen Vessel, lay first a Lay of *Salt* and Dill, then a Lay of Cucumbers, and so till they be all Layed, put in some Mace and whole Pepper, and some Fennel-seed according to direction, then fill it up with Beer-Vinega, and a clean board, and a stone upon it to keep them within the Pickle, and so keep them close covered, and if the Vinegar is black, change them into fresh.

To Pickle Broom Buds.

TAke your Buds before they be yellow on the top, make a Brine of Vinegar and Salt, which you must do only by shaking it together till the Salt be melted, then put in your Budds and keep stirred on in a day till they be sunk within the Vinegar, be sure to keep close covered.

To keep Quinces raw all the year.

TAke ſome of the worſt Quinces and cut them into ſmall pieces and Coares and Parings, boyle them in water, and put to a Gallon of water, ſome three ſpoonfuls of Salt, as much Honey; boyle theſe together till they are very ſtrong, and when it is cold, put it into half a pint of Vinegar in a wooden Veſſell or Earthen Pot; and take then as many of your beſt Quinces as will go into your Liquor, then ſtop them up very cloſe that no Aire get into them, and they will keep all the year.

To make a Gooſeberry Foole.

TAke your Gooſ-berries, and put them in a Silver or Earthen Pot, and ſet it in a Skillet of boyling Water, and when they are coddled enough ſtrain them, then make them hot again when they are ſcalding hot, beat them very well with a good piece of freſh butter, Roſe-water and Sugar, and put in the yelke of two or three Eggs; you may put Roſe-water into them, and ſo ſtir it altogether, and ſerve it to the Table when it is cold.

To make an Oatmeale Pudding.

TAke a Porringer full of Oatmeale beaten to flower, a pint of Creame, one Nutmeg, four Egges beaten, three whites, a quarter of a pound of Sugar, a pound of Beef-ſuet well minced, mingle all theſe together, and ſo bake it. An houre will bake it.

To make a green Pudding.

TAke a penny loafe of ſtale Breat, Grate it, put to halfe a pound of Sugar, grated Nutmeg, as much ſalt as will ſeaſon it, three quarters of a pound of beef ſuet ſhred very ſmall, then take ſweet Herbs, the moſt of them Marigolds, eight Spinages: ſhred the Herbs very ſmall, mix all well together, then take two Eggs and work them up together with your hand, and make them into round balls, and when the water boyles put them in, ſerve them with Roſewater, Sugar, and Butter or Sauce.

To make good Sauſages.

TAke the lean of a *Legge* of Pork, and foure pound of Beef-ſuet, or rather butter, ſhred them together very ſmall, then ſeaſon it with three quarters of an ounce of Pepper, and halfe an ounce of Cloves and Mace mixed together, as the Pepper is, a handfull of Sage when it is chopt ſmall, and as much ſalt as you thinke will make them taſt well of it; mingle all theſe with the meat, then break in ten Egges, all but two or three of the whites, then temper it all well with your hands, and fill it into Hoggs gutts, which you muſt have ready for them; you muſt tye the ends of them like Puddings, and when you eat them you muſt boyle them on a ſoft fire; a hot will crack the skins, and the goodneſſe boyle out of them.

To make Toaſts.

CUt two penny *Loaves* in round ſlices and dip them in half a pint of Cream or cold water, then lay them abroad in a Diſh, and beat three Egges and grated Nutmegs and Sugar, beat them with

the Cream, then take your frying Pan and melt some Butter in it, and wet one side of your Toasts and lay them in on the wet side, then pour in the rest upon them and so fry them; send them in with Rosewater, Butter and Sugar.

Spanish Cream.

PUt hot water in a Bucket and go with it to the Milking, then poure out the Water, and instantly milke into it, and presently strain it into milk-Pans of an ordinary fulness, but not after an ordinary way; for you must set your Pan on the ground and stand on a stool, and poure it forth that it may rise in bubbles with the fall; this on the morrow will be a very tough Cream, which you must take off with your Skimmer, and lay it in the dish, laying upon laying; and if you please strew some sugar between them.

To make Clouted Cream.

TAke foure quarts of Milke, one of Cream, six spoonfuls of Rose-water, put these together in a great Earthen Milke-Pan, set it upon a fire of Charcoale well kindled, you must be sure

ſure the fire be not too hot; then let it ſtand a day and a night; and when you go to take it off, looſe the edge of your Cream round about with a Knife, then take your board, and lay the edges that is left beſide the board, cut into many peeces, and put them into the Diſh firſt, and ſcrape ſome fine Sugar upon them, then take your board and take off your Cream as clean from the Milke as you can, and lay it upon your Diſh, and if your Diſh be little there will be ſome left, the which you may put into what faſhion you pleaſe, and ſcrape good ſtore of Sugar upon it.

A good Creame.

When you Churn Butter, take out ſix ſpoonfuls of Cream juſt as it is to turn to Butter, that is, when it is a little frothy; then boyle good Cream as much as will make a Diſh, and ſeaſon it with Sugar, and a little Roſe-water; when it is quite cold enough, mingle it very well with that you take out of the Churn and ſo Diſh it.

To make Piramidis Cream.

TAke a quart of water, and ſix ounces of Harrs horn, and put it into a Bottle with Gum-dragon, and Gum-arabick, of each as much as a ſmall Nut, put all this into the Bottle, which muſt be ſo big as will hold a pint more; for if it be full it will break; ſtop it very cloſe with a Cork, and tye a Cloth about it, put the Bottle into a pot of beef when it is boyling, and let it boyle three hours, then take as much Cream as there is Jelly, and half a pound of Almonds well beaten with Roſe-water, ſo that you cannot diſcern what they be, mingle the Cream and the Almonds together, then ſtrain it, and do ſo two or three times to get all you can out of the Almonds, then put jelly when it is cold into a ſilver Baſon, and the Cream to it; ſweeten it as you like, put in two or three grains of *Musk* and Amber-greece, ſet it over the fire, ſtirring it continually and skiming it, till it be ſeething hot, but let it not boyle, then put it into an old faſhion drinking-Glaſs, and let it ſtand till it is cold, and when you will uſe it, hold your Glaſs in a warm hand, and looſen it with a Knife, and whelm it into a Diſh, and have

ave in readineſs a Pine Apple blown, and ick it all over, and ſerve it in with Cream r without as you pleaſe.

To make a Sack Creame.

SEt a quart of Creame on the fire, when : is boyled, drop in a ſpoonful of ſack, nd ſtir it well the while that it curd nor, o do till you have dropped in ſix ſpoonuls, then ſeaſon it with ſugar, Nutmeg, nd ſtrong water.

To boyle Pigeons.

STuffe the Pigeons with Parſley, and outter, and put them into an *Earthen* Pot, and put ſome ſweet butter to them and let them boyle; take Parſley, Tyme, and Roſemary, chop them and put them to them; take ſome ſweet butter, and put in withall ſome ſpinage, take a little groſs Pepper and ſalt, and ſeaſon it withall, then take the yelk of an Egge and ſtrain it with Verjuyce, and put to them, lay ſippets in the Diſh and ſerve it.

To make an Apple-Tanſey.

PAre your Apples and cut them in thin round ſlices, then fry them in good ſweet Butter, then take ten Eggs, ſweet Cream, Nutmeg, Cinamon, Ginger, Sugar, with a little Roſe-water, beat all theſe together, and poure it upon your Apples and fry it.

The French Barley Cream.

TAke a quart of Cream, and boyle in a Porenger of French Barley, that hath been boyled in nine waters, put in ſome large Mace and a little Cinamon, boyling it a quarter of an hour; then take two quarts of Almonds blanched, and beat it very ſmall with Roſe-water, or Orange water, and ſome Sugar; and the Almonds being ſtrained into the Liquor, put it over the fire, ſtirring it till it be ready to boyle; then take it off the fire, ſtirring it till it be halfe cold; then put to it two ſpoonfuls of Sack or white Wine, and when it is co'd, ſerve it in, remembring to put in ſome Salt.

To make a Chicken or Pigeon Pye.

TAke your Pigeons (if they be not very young) cut them into four quarters, one ſweet-bread ſliced the long way, that it may be thin, and the peeces not too big, one Sheeps tongue, little more then parboyl'd, and the skin puld off, and the tongue cut in ſlices, two or three ſlices of Veale, as much of Mutton, young Chicken (if not little) quarter them Chick heads, Lark, or any ſuch like, Pullets, Coxcombs, Oyſters, Calves Udder cut in peeces, good ſtore of Marrow for ſeaſoning, take as much Pepper and Salt as you think fit to ſeaſon it ſlightly; good ſtore of ſweet Marjorum, a little Time and Lemon-Pill fine-ſliced; ſeaſon it well with theſe Spices as the time of the year will afford; put in either of Cheſnuts (if you put in Cheſnuts they muſt firſt be either boyl'd or roaſted) Gooſeberries or Guage, large Mace will do well in this Pye, then take a little peece of Veal parboyl'd and ſlice it very fine, as much Marrow as meat ſtirred amongſt it, then take grated Bread, as much as a quarter of the meat, four yelks of Eggs or more according to the ſtuff you make

thred

ſhred Dates as ſmall as may be, ſeaſon it with ſalt, but not too ſalt. Nutmeg as much as will ſeaſon it, ſweet Marjorum pretty ſtore very ſmall ſhred, work it up with as much ſweet Creame as will make it up in little Puddings, ſome long, ſome round, ſo put as many of them in the Pye as you pleaſe; put therein two or three ſpoonfulls of Gravy of Mutton, or ſo much ſtrong Mutton Broth before you put it in the Oven, the bottome of boyled Hartichoks, minced Marrow over and in the bottom of the Pye after your Pye is baked; when you put it up, have ſome five yelks of Eggs minced, and the juice of two or three Oranges, the meat of one Lemon cut in peeces, a little White and Claret Wine; put this in your Pye being well mingled, and ſhake it very well together.

To boyle a Capon or Hen.

TAke a young Capon or Hen, when you draw them take out the fall of the Leate clean away, and being well waſhed, fill the belly with Oyſters; prepare ſome Mutton, the neck, but boyle it in ſmal peeces and skim it well, then put your Capon into the Pipkin, and when it is boyled, skim it again; be ſure you have no more water then will cover your meat, then put it into a pint of white wine, ſome Mace, two or three Cloves and whole Pepper; a quarter of an hour before your meat be boyled enough, put into the Pipkin, three Anchoves ſtript from the Bone and waſhed, and be ſure you put ſalt at the firſt to your Meat; a little Parſley, Spinage, Endive, Sorrell, Roſe-mary or ſuch kind of Herbs will doe well to boyle with the Broth, and being ready to Diſh it, having ſippets cut, and take the Oyſters out of the Capon, and lay them in the Diſh with the Broth, and put ſome juice of Lemons and Orange into it according to you taſte.

To make Balls of Veale.

TAke the Lean of a Leg of Veal, and cut out the Sinews, mince it very ſmall, and with it ſome fat of Beef ſuet; if the Leg of Veal be of a Cow Calfe the Udder will be good inſtead of Beefe ſuet; when it is very well beaten together with the Mincing Knife, have ſome cloves, Mace, and Pepper beaten, and with *Salt* ſeaſon your meat, putting in ſome Vinegar, then make up your meat into little Balls, and having very good ſtrong Broth made of Mutton, ſet your Balls to boyle in it; when they are boyled enough, take the yelks of five or ſix Eggs well beaten with as much vinegar as you pleaſe to like, and ſome of the Broth mingled together, ſtir it into all your Balls and Broth, give it a waume on the fire, then Diſh up the Balls upon Sippets and pour the ſauce on it.

To make Mrs. Shellyes *Cake.*

TAke a peck of fine flower, and three pound of the beſt Butter, work your flower and butter very well together, then take

ake ten Eggs, leave out ſix whites, a pint nd a halfe of Ale-yeaſt: beat the Eggs and eaſt together, and put them to the flower; ake ſix pound of blanched Almonds, beat hem very well, putting in ſometime Roſe-ater to keepe them from Oyling; adde hat Spice you pleaſe; let this be put to the eſt with a quarter pint of Sack, and a ittle ſaffron; and when you have made all this into Paſt, cover it warme before the fire, and let it riſe for halfe an hour, then put in twelve pound of Currans well waſhed and dryed, two pound of Raiſins of the Sun ſtoned and cut ſmall, one pound of Sugar; the ſooner you put it into the Oven after the fruit is put in, the better.

To make Almond Jumballs.

TAke a pound of Almonds to halfe a pound of double refined Sugar beaten and Searced, lay your Almonds in water a day before you blanch them, and beat them ſmall with your ſugar; and when it is beat very ſmall, put in a handfull of Gum-dragon, it being before over night ſteeped in Roſewater, and halfe a white of an Egge beaten to froth, and halfe a ſpoonfull of Coriander ſeed

as

as many Fennell and Aniſeeds, mingle theſe together very well, ſet them upon ſoft fire till it grow pretty thick, then take it off the fire, and lay it upon a clean Paper, and beat it well with a rowling pin till it worke like a ſoft paſt, and ſo make them up, and lay them upon Papers oyled with Oyle of Almonds, then put them in your Oven, and ſo ſoon as they be throughly riſen, take them out before they grow hard.

To make Cracknels.

TAke halfe a pound of fine flower, dryed and ſearced; as much fine ſugar ſearced, mingled with a ſpoonful of Coriander-ſeed bruiſed, halfe a quarter of a pound of butter rubbed in the flower and ſugar, then wet it with the yelks of two Eggs, and halfe a ſpoonfull of white Roſe-water, a ſpoonfull or little more of Cream as will wet it; knead the Paſt till it be ſoft and limber to rowle well, then rowle it extreame thin, and cut them round by little plates; lay them upon buttered papers, and when they goe into the Oven, prick them, and waſh the Top with the yelk of an Egge beaten and made thin with Roſe-water or faire water

ater; they will give with keeping, there-re before they are eaten, they muſt be yed in a warme Oven to make them iſp.

To Pickle Oyſters.

TAke Oyſters and waſh them cleane in their own Liquor, then let them ettle, then ſtrain it, and put your Oyſters to it with a little Mace and whole pepper, as much Salt a you pleaſe, and little Wine-Vinegar, then ſet them over the fire, and let them boyle leiſurely till they are pretty tender; be ſure to skim them ſtill as the skim riſeth; when they are enough, take them out till the Pickle be cold, then put them into any pot that wil lye cloſe, they will keep beſt in Caper barrels, they will keep very well ſix weeks.

To boyle Cream with Codlings.

TAke a quart of Creame and boyle it with ſome Mace and Sugar, and take two yelks of Eggs, and beat them well with a ſpoonfull of Roſe-water and

and a grain of Amber-greece, then put it into the Cream with a peece of fweet Butter a big as a Wallnut, and ſtir it together over the fire untill it be ready to boyle, then ſet it ſome time to coole, ſtirring it continually till it be cold; then take a quarter of a pound of Codlings ſtrained, and put them into a ſilver Diſh over a few coales till they be almoſt dry, and being cold, and the Cream alſo, poure the Cream upon them, and let them ſtand on a ſoft fire covered an hour, then ſerve them in.

To make the Lady Albergaveres Cheeſe.

TO one Cheeſe take a Gallon of new Milk, and a pint of good Cream, and mix them well together, then take a Skillet of hot water as much as will make it hotter then it comes from the Cow, then put in a ſponfull of Rennet, and ſtir it well together and cover it, and when it is come, take a wet Cloth and lay it on your Cheeſe-Mot, and take up the Curd and not break it; and put it into your Mot; and when your Mot is full, lay on the Suiker, and every two hours turn your Cheeſe in wet Cloathes wrung dry; and lay on a little more wet, at night take

ke as much ſalt as you can between your nger and Thumb, and ſalt your Cheeſe both ſides; let them lie in Preſſes all ght in a wet Cloth; the next day lay em on a Table between a dry Cloth, e next day lay them in Graſs, and every her day change your Graſs, they will ready to eat in nine dayes; if you will ve them ready ſooner, cover them with Blanket.

To dreſſe Snayles.

TAke your *Snayles* (they are no way ſo as in Pottage) and waſh them well many waters, and when you have one, put them in a white Earthen Pan, r a very wide Diſh, and put as much ater to them as will cover them, and hen ſet your Diſh or Pan on ſome coales, hat it may heat by little and little, and hen the *Snayles* will come out of the ells and ſo dye, and being dead, take hem out, and waſh them very well in Water and *Salt* twice or thrice over; then put them in a Pipkin with Water and Salt, and let them boyle a little while in that, ſo take away the rude ſlime they have, then take them out againe and put them in a Cullender; then take excellent ſallet

Oyle

Oyle and beat it a great while upon the fire in a frying Pan, and when it boyls very fast, slice two or three Onyons in it, and let them fry well, then put the *Snayles* in the Oyle and Onyons, and let them stew together a little, then put the Oyle, Onyons, and Snayles altogether in an earthen Pipkin of a fit size for your Snayles, and put as much warm water to them as will serve to boyle them, and make the Pottage and season them with Salt, and so let them boyle three or four houres; then mingle Parsly, Peneroyall, Fennell, Tyme, and such Herbs, and when they are minced put them in a Morter, and beat them as you doe for Green-sauce, and put in some crums of bread soaked in the Pottage of the Snayles, and then dissolve it all in the Morter with a little *Saffron* and Cloves well beaten, and put in as much Pottage into the Morter as will make the Spice and bread and Herbs like thickning for a Pot, so put them all into the Snayles and let them stew in it, and when you serve them up, you may squeeze into the Pottage a Lemon, and put in a little Vinegar, or if you put in a Clove of Garlick among the Herbs, and beat it with them in the Morter, it will not

ft the worſe; ſerve them up in a Diſh ith ſippets of bread in the bottom. The ottage is very nouriſhing, and they uſe em that are apt to a Conſumption.

To boyle a rumpe of Beefe after the French faſhion.

TAke a rump of Beef, or the little end of the Brisket, and parboyle it halfe an houre, then take it up and put it in a deep diſh, then ſlaſh it in the ſide that the gravy may come out, then throw a little Pepper and ſalt betweene every cut, then fill up the Diſh with the beſt Claret wine, and put to it three or foure pieces of large Mace, and ſet it on the coales cloſe covered, and boyle it above an houre and a halfe, but turn it often in the mean time; then with a ſpoon take off the fat and fill it with Claret wine, and ſlice ſix Onyons, and a handfull of Caphers or broom buds, halfe a dozen of hard Lettice ſliced, three ſpoonfuls of wine-Vinegar and as much verjuyce, and then ſet it a boyling with theſe things in it till it be tender, and ſerve it up with brown Bread and Sippets fryed with butter, but be ſure there be not too much fat in it, when you ſerve it.

An excellent way of dreſſing Fiſh.

TAke a piece of freſh *Salmon* and waſh it clean in a little Vinegar and Water, and let it lie awhile in it, in a great Pipkin with a cover, and put to it ſix ſpoonfuls of Water and four of Vinegar, as much of white Wine, a good deale of *Salt*, a bundle of ſweet Herbs, a little whole *Spice*, a few Cloves, a little ſtick of Cinamon, a little Mace, take up all theſe in a Pipkin cloſe, and ſet in a Kettle of ſeething Water and there let it ſtew three hours. You may doe Carps, Eeles, Trouts, *&c.* this way, alter the taſt to your mind.

To make Fritters of Sheeps feet.

TAke your *Sheeps* feet, ſlit them and ſet them a ſtewing in a ſilver Diſh, with a little ſtrong Broth and *Salt*, with a ſtick of Cinamon, two or three Cloves, and a piece of an Orange Pill; when they are ſtewed, take them from the liquor and lay them upon a Pye-plate cooling; when they are cold, have ſome good Fritter-batter made with *Sack*, and dip them therein, then have ready to fry

them, ſome excellent clarified Butter
y hot in a Pan, and fry them therein;
en they are fryed wring in the juice of
ee or four Oranges, and toſs them once
twice in a Diſh, & ſo ſerve them to the
ble,

To make dry Salmon Calvert in the boyling.

TAke a Gallon of Water, put to it a
quart of Wine or Vinegar, Ver-
juice or ſour Beer, and a few ſweet
bs & Salt, and let your Liquor boyle
ream faſt, and hold your Salmon by the
yle, and dip it in, and let it have a
me, and ſo dip it in and out a do-
n times, and that will make your Sal-
on Calvert, and ſo boyle it till it be
nder.

To make Biſket Bread.

TAke a pound of Sugar ſearced very
fine, and a pound of flower well dry-
and twelve Eggs, a handfull of Car-
way-ſeed, ſix whites of Eggs, a very
tle Salt, beat all theſe together, and
p them with beating till you ſet them
the Oven, then put them into your
Plates

Plates or Tin things, and take Butter and put into a Cloth and rub your Plate; a ſpoonfull into a Plate is enough, and ſo ſet them in the Oven, and let your Oven be no hotter then to bake ſmall Pyes; if your flower be not dryed in the Oven before, they will be heavy.

To make an Almond Pudding.

TAke your Almonds when they are blanched, and beat them as many as will ſerve for your Diſh, then put to it foure or five yelks of Eggs, Roſe-water, Nutmeg, Cloves and Mace, a little Sugar, and a little ſalt and Marrow cut into it, and ſo ſet it into the Oven, but your Oven muſt not be hotter then for Bisket bread; and when it is half baked, take the white of an Egge, Roſe-water and fine Sugar well beaten together and very thick, and do it over with a feather, and ſet it in again, then ſtick it over with Almonds, and ſo ſend it up.

This you may boyle in a Bag if you pleaſe, and put in a few crums of Bread into it, and eat it with butter and Sugar without Marrow.

To make an Almond Caudle

TAke three pints of Ale, boyl it with Cloves and Mace, and ſlice bread in it, then have ready beaten a pound of Almonds blanched, & ſtrain them out with a pint of White wine, and thicken the Ale with it, ſweeten it if you pleaſe, and be ſure you skim the Ale well when it boyles.

To make Almond bread.

TAke Almonds & lay them in water all night, then blanch them and ſlice them, to every pound of Almonds, a pound of fine Sugar, finely beaten ſo mingle them together, then beat the whites of three Egs to high froth, and mix it well with the Almonds & Sugar, then have ſome Plates and ſtrew ſome flower on them, and lay Wafers on them, and lay your Almonds with the edges upwards, lay them as round as you can, ſcrape a little Sugar on them, then they are ready to ſet in the Oven, which muſt not be ſo hot as to colour white Paper, and when they are little baked, take them out, and them

from the Plates, & ſet them in again, you muſt keep them in a Stove.

To make Almond Cakes.

TAke half a pound of Almonds blanched in cold water, beat them with ſome Roſe-water till they doe not gliſter, then they wil be beaten; if you think fit, lay ſeven or eight Muſque Comfits diſſolved in Roſewater which muſt not be above ſix or ſeven ſpoonfuls for fear of ſpoyling the colour; when they be thus beaten, put in half a pound of Sugar finely ſifted, beat them and the Almonds together till it be wel mixed, then take the whites of two Eggs, and two ſpoonfuls of fine floure that hath been dried in an Oven; beat the ſe wel together and poure it to your Almonds, then butter your Plates and duſt your Cakes with Sugar and Flower, and when they are a little brown, draw them, and when the oven is colder ſet them in again on browne Papers, and they will look whiter.

Maſter

Master Rudstones *Posset.*

TAke a pint of *Sack*, a quarter of a pint of Ale, three quarters of a pound of Sugar, boyle all these well together, take two yelks of Eggs and sixteen whites very wel beaten, put this to your boiling Sack & slice it very well together till it be thick on the coals; then take three pints of *Milk* or Cream b-ing boiled to a quart, it must stand and cool till the Eggs thicken, put it to your Sack and Eggs, and stir them well together, then cover it with a Plate and so serve it.

To boyle a Capon with Ranioles.

TAke a good young Capon, truss it and draw it to boyle, and parboyle it a little, then let it lye in fair Water being pickt very cleane and white, then boyle it in strong broth while it be enough, but first prepare your Ranioles as followeth: Take a good quantity of Beet leaves, and boyle them in Water very tender, then take them out, and get all the water very cleane out of them, then take six sweet Breads of Veale, and boyle and mince them white, mince them

ſmall, and then boyl Herbs alſo, and four or five Marrow bones, break them and get all the Marrow out of them, and boyle the bigger peece of them in water by it ſelfe, and put the other into the minced Herbs, then take halfe a pound of Raiſins of the Sun ſtoned, and mince them ſmall, and halfe a pound of Dates the skin off, and mince them alſo, and a quarter of a pound of Pomecitron minced ſmall, then take of Naples-bisket a good quantity & put all theſe together on a Charger or a great Diſh with half a pound of ſweet Butter, and worke it together with your hands as you do a peece of Paſt, and ſeaſon it with a little Nutmeg, Ginger, Cinamon and Salt, & Permaſan Cheeſe grated with hard Sugar grated alſo, then mingle all together well, and make a Paſt with the fineſt flower, ſix yelks of Eggs, a little Saffron beaten ſmall, halfe a pound of ſweet Butter a little ſalt, with ſome faire water hot (not boyling) and make up your Paſt, then drive out a long ſheet of Paſt with an even Rowling Pin as thin as poſſible you can, and lay your ingredients in ſmall heaps, round or long which you pleaſe in the Paſt, then cover them with the Paſt & cut them with a jag aſunder and ſo make more or more till you have

have made two hundred or more, then have a good broad Pan or Kettle half full of ſtrong Broth, boyling leiſurely, and put in your Ranſoles one by one, & let them boyle a quarter of an hour, then take up your Capon, lay it in a great Diſh, and put on the Ranſoles, & ſtrew on them grated Cheeſe, Nables Bisket grated, Cinamon and Sugar, then more & more Cinamon & Cheeſe, while you have filled your Diſh; then put ſoftly on melted Butter with a little ſtrong Broth, your Marrow Pomecitron, Lemons ſliced and ſerve it up, and ſo put it into the Diſh, ſo Ranſoles may be part fryed with ſweet but Clarified Butter, either a quarter of them or halfe as you pleaſe; if the Butter be not clarified, it will ſpoile your Ranſoles.

To make a Biſque of Carps.

TAke twelve ſmall Carps, and one great one, all Male Carps, draw them an take out all the Melts, flea the twelve ſmal Carps, cut off their Heads and take out their Tongues, and take the fiſh from the bones of the flead Carps, and twelve Oyſters, two or three yelks of Hard eggs, maſh altogether, ſeaſon it with Cloves, Mace, and Salt, make thereof a ſtiffe ſearce,

add thereto the yelks of foure or five Eggs to bind it, fashion that first into bals or Lopings as you please, lay them into a deep Dish or Earthen Pan, and put thereto twenty or thirty great Oysters, two or three Anchoves, the Melts and Tongues of your twelve Carps, halfe a pound of fresh butter, the Liquor of your Oysters, the juyce of a Lemon or two; a little White-wine, some of Corbilion wherein your great Carpe is boyled and a whole Onyon so set them a stewing on a soft fire and make a hoop therewith; for the great Carp you must scald him and draw him, and lay him for half an hour with the other Carps Heads in a deep Pan with so much White wine Vinegar as will cover and serve to boyle him, and the other Heads in; put therein Pepper, whole Mace, a race of Ginger, Nutmeg, Salt sweet Herbs, an Onyon or two sliced, a Lemon; when you boyle your Carps, poure your Liquor with the Spice into the Kettle wherein you will boile him; when it is boyled put in your Carp, let it not boyle too fast for breaking; after the Carp hath boyled a while put in the Head, when it is enough take off the Kettle, and let the Carps and the Heads keep warme in the Liquour till you

go

ge to diſh them. When you dreſſe your ſque, take a large Silver diſh, ſet it on e fire, lay therein Sippets of bread, then t in a Ladleſull of your Corbilion, en take up your great carp and lay him the midſt of the Diſh, then range the welve heads about the Carp, then lay the arce of the Carp, lay that in, then your Oyſters, Melts and Tongues, then poure on the Liquor wherein the ſearce was boiled, wring in the juyce of a Lemon and two Oranges; Garniſh your Diſh with pickled Barberries, Lemons and Oranges, and ſerve it very hot to the Table.

To boyle a Pike and Eele together.

TAke a quart of White-wine and a pint and a halfe of White-wine-Vinegar, two quarts of Water, and almoſt a pint of Salt, a handful of Roſemary and Tyme; the Liquor muſt boyle before you put in your Fiſh and Herbs; the Eele with the skins muſt be put in a quarter of an hour before the Pike, with a little large Mace, and twenty cornes of Pepper.

To make an Outlandish dish.

TAke the liver of Hogg, and cut it in ſmal piecesabout the bignes of a ſpan, then take Anni-ſeed,or French-ſeed,Pepper and ſalt, & ſeaſon them therewithall, & lay every piece ſeverally round in the caule of the Hogg,and ſo roaſt them on a Bird ſpit.

To make a Portugall Diſh.

TAke the Guts, Gizards and Liver of two fat Capons, cut away the Gaules from the Liver,& make clean the Gizards and put them into a Diſh of clean water, ſlit the Gut as you do a Calves Chaldron, but take off none of the fat, then lay the Guts about an hour in White-wine,as the Guts ſoke, halfe boyl Gizards and Livers, then take a long wooden broach, and ſpit your Gizards and Liver there on, but not cloſe one to another,then take & wipe the Guts ſomewhat dry in cloth, and ſeaſon them with ſalt and beaten Pepper, Cloves and Mace, then winde the Guts upon the wooden Broach about the Liver, and Gizards, then tye the wooden Broach

to

to ſpin, and lay them to the fire to roaſt, and roaſt them very brown, and baſt them not at all til they be enough, then take the Gravy of Mutton, the juice of two or three Oranges, and a grain of Saffron, mix all well together, & with a ſpoon baſt your roſt, let it drop into the ſame diſh. Then draw it, & ſerve it to the Table with the ſame ſauce.

To dreſſe a diſh of Hartichoaks.

TAke and boyle them in the Beef-pot, when they are tender ſodden, take off the tops, leaving the bottoms with ſome round about them, then put them into a Diſh, put ſome faire water to them, two or three ſpoonfuls of Sacke, a ſpoonfull of Sugar, and ſo let them boyle upon the Coales, ſtill pouring on the Liquor to give it a good taſte, when they have boyled halfe an hour take the Liquor from them, and make ready ſome Cream, boyled and thickned with the yelk of an Egge or two, whole Mace, Salt, and Sugar with ſome lumps of Marrow, boyle it in the Cream, when it is boyled put a good piece of ſweet butter in it, and toaſt ſome Toaſts, and lay them under your Hartichoaks, and poure your Cream and butter on them, Garniſh it, *&c.*

To dreſſe a Fillet of Veale the Italian way.

TAke a young tender Fillet of Veale, pick away all the skins in the fold of the fleſh, after you have picked it out clean ſo that no skins are left, nor any hard thing; put to it ſome good White-wine (that is not too ſweet) in a bowl & waſhit, & cruſh it well in the Wine; doe ſo twice, then ſtrew upon it a powder that is called *Tamara* in *Italy*, and ſo much Salt as will ſeaſon it well, mingle the Powder well upon the Paſts of your meat, then poure to it ſo much White-wine as will cover it when it is thruſt down into a narrow Pan; lay a Trencher on it and a weight to keep it downe, let it lie two nights & one day, put a little Pepper to it when you lay it in the Sauce, and after it is ſowſed ſo long take it out and put it into a Pipkin with ſome good Beef-broth but you muſt not take any of the pickle to it, but onely Beef-broth that is ſweet and not ſalt; cover it cloſe and ſet it on the Embers, onely put into it with the Broth a few whole Cloves and mace, and let it ſtew till it be enough. It will be very tender and of an excellent Taſte; it muſt

must be ſerved with the ſame Broth as much as wil cover it.

To make the Italian, take Coriander ſeed two Ounces, Aniſeed one ounce, Fennel-ſeed one ounce, Cloves two ounces, Cynamon one ounce; Theſe muſt be beaten into a groſſe powder, putting into it a little powder of Winter-ſavoury; if you like it, keep this in a Vial-glaſſe cloſe ſtopt for your uſe.

To dreſſe Soales.

TAke a pair of Soals, lard them through with watered freſh Salmon, then lay your Soals on a Tabl, or Pye-plate, cut your Salmon, lard all of an equal length on each ſide, and leave the Lard but ſhort, then flower the Soales, and fry them in the beſt Ale you can get; when they are fryed lay them on a warm Pye-plate, and ſo ſerve them to the Table with a *Sallet* diſh full of Anchovy ſauce, and three or four Oranges.

To make Furmity.

TAke a quart of Creame, a quarter of a pound of French-barley the whiteſt you can get, and boyle it very tender in three

three or foure ſeverall waters, and let it be cold, then put both together, put in it a blade of Mace, a Nutmeg cut in quarters, a race of Ginger cut in three or five peices, & ſo let it boyle a good while, ſtil ſtirring and ſeaſon it with Sugar to your taſt, then take the yelk of foure Eggs and beat them with a little Cream, & ſtir them into it, & ſo let it boyl a little after the Egs are in, then have ready blaunched & beaten twenty Almonds kept from oyling, with a little Roſe water, then take a Boulter, ſtrainer, and rub your Almonds with a little of your Furmity through the ſtrainer, but ſet on the fire no more, and ſtir in a little Salt. and a little ſliced Nutmeg, pickt ott of the great peices of it, and put it in a diſh, and ſerve it,

To make Patis, or Cabbage Cream.

TAke thirty Ale pints of new milk, and ſet it on the fire in a Kettle till it be ſcalding hot, ſtirring it oft to keep it from creaming, then put it forth into thirty Pans of earth, as you put it forth take off the bubbles with a ſpoon, let it ſtand til it be cold, then take off the cream with two ſuch ſlices as you beat Bisket bread with, but they muſt be very thin and not too broad

broad, then when the Milk is dropped off the cream, you must lay it upon a Pye-plate, you must scour the Kettle very clean and heat the Milk again, & so four or five times. In the lay of it, first lay a stalk in the midst of the Plate, let the rest of the Cream be laid upon that sloping, between every laying you must scrape Sugar and sprinkle Rose-water, and if you will, the powder of Musk, and Ambergreece. In the heating of the Milk be carefull of smoak.

To make Pap.

TAke three quarts of new milk set it on the fire in a dry silver Dish, or Bason, when it begins to boyle skim it, then put thereto a handful floure & yelks of three Eggs which you must have well mingled together with a Ladle-full of cold milk, before you put it to the milk that boyles, and as it boyls stir all the while till it be enough, and in the boyling, season it with a little Salt, and a little fine beaten Sugar and so keeping it stirred til it be boyld as thick as you desire, then put it forth into another Dish and serve it up.

To make Spaniſh Pap.

TAke three ſpoonfuls of Rice flour finely beaten and ſearced, two yelks of Eggs, three ſpoonfuls of *Sugar*, three or foure ſpoonfuls of Roſe-water. Temper theſe foure together, then put them to a pint of cold Cream, then ſet it on the fire and keep it ſtirred till it come to a reaſonable thickneſſe, then *Diſh* it and ſerve it up.

To poach Eggs.

TAke a dozen of new laid Egges, and fleſh of foure or five Partridges, or other; mince it ſo ſmall as you can ſeaſon it with a few beaten Cloves, Mace, and Nutmeg, into a *Silver* diſh, with a Ladlefull or two of the Gravy of Mutton, wherein two or three Anchoves are diſſolved; then ſet it a ſtewing on a fire of Char-coales, and after it is halfe ſtewed, as it boyles breake in your Egges, one by one, and as you break them poure away moſt part of the Whites, and with one end of your Egg-ſhell, make a place in your Diſh of meate, and therein put your Yelks of your Eggs, round in order amongſt

amongst your meat, and to let them stew till your eggs be enough, then grate in a little Nutmeg, and the juyce of a couple of Oranges; have a care none of the Seeds goe in, wipe your Dish and garnish your Dish, with four or five whole Onions, &c.

A Pottage of Beef Pallats.

TAke Beefe Pallats after they be boyled tender in the Beef Kettle, or Pot among some other meat, blanch and serve them cleane, then cut each Pallat in two, and set them a stewing betwen two Dishes with a peece of leer Bacon, an handful of Champignions, five or six sweet breads of Veale, a Ladle-full or two of strong broth, and as much gravy of Mutton, an Onyon or two, five or six Cloves, and a blade or two of mace, and a piece of Orange Pils; as your Pallats stew, make ready your Dish with the bottoms & tops of two or three Cheat Loaves dryed and moystned with some Gravy of Mutton, and the broth your Pallats stew in, you must have the Marrow of two or three beef-bones stewed in a little broth between two Dishes in great peices; when your Pallats and Marrow is stewed, and you ready to

to Diſh it, take out all the Spices, Onyion and Bacon, & lay it in your Palats Sweetbread, and Champigneons, pour in the Broth they were ſtewed in & lay on your pieces of Marrow, wring the juice of two or three Oranges; and ſo ſerve it to the Table very hot.

The Jacobins Pottage.

TAke the fleſh of a waſhed Capon or Turky cold, mince it ſo ſmall as you can, them grate or ſcrape among the fleſh two or three ounces of Parmaſants or old Holland Cheeſe, ſeaſon it with, beaten Cloves, Nutmeg, Mace, and Salt, then take the bottoms and tops of foure or five new Rowles, dry them before the fire, or in an Oven, then put them into a faire ſilver Diſh, ſet it upon the fire, wet your bread in a Ladle-full of ſtrong Broth, and a Ladle-full of Gravy of Mutton then ſtrow on your minced meat, all of an equall thickneſſe in each place, then ſtick twelfe or eighteen pieces of Marrow as bigge as Walnuts, and pour on an handfull of pure Gravy of Mutton, then cover your Diſh cloſe, and as it ſtews adde now and then ſome Gravy of Mutton

Mutton there to, thruſt your Knife ſometimes to the bottome, to keep the bread from ſticking to the Diſh, let it ſo ſtew ſtil till you are ready to Diſh it away, and when you ſerve it, if need require, ad more Gravy of Mutton, wring the juice of two or three Oranges, wipe your Diſhes brims and ſerve it to the Table in the ſame Diſh.

To Salt a Gooſe.

TAke a fat Gooſe and bone him, but leave the breſt-bone, wipe him with a clean cloath, then ſalt him one fortnight, then hang him up for one fortnight or three weeks, then boyl him in running water very tender, and ſerve him with Bay-leaves.

A way of ſtewing Chickens or Rabbets.

TAke two, three or foure Chickens, and let them be about the bigneſs of a Partridge, boyl them til they be halfboyled enough, then take them off, & cut them into little pieces, putting the joynt bone one from another, and let not the meat be minced, but cut into great bits, not ſo exactly but more or leſſe, the breſt bones are not ſo proper to be put in, but put the meat together with the other bones upon which

(upon which there muſt be alſo ſome meat remaining) into a good quantity of that Water or Broth wherein the Chickens were boyled, and ſet it then over a Chaffing Diſh of coales betwenn two Diſhes, that ſo it may ſtew on till it be fully enough; but firſt ſeaſon it with Salt and groſs Pepper, and afterwards add Oyl to it, more or leſs according to the goodneſs thereof; and a little before you take it from the fire, you muſt adde ſuch a quantity of juyce of Lemons as may beſt agree with your Taſte. This makes an excellent diſh of Meat, which muſt be ſerved up in the Liquors; and though for a need it may be made with Butter inſtead of Oyl, and with Vinegar inſtead of juice of Lemons, yet is the other incomparably better for ſuch as are not Enemies to Oyle. The ſame Diſh may be made alſo of Veal or Partridge, or Rabbets, and indeed the beſt of them all is Rabbets if they be uſed ſo before *Michaelmas*, for afterwards me-thinkes they grow ranke; for though they be fatter, yet the fleſh is more hard and dry.

A

A Pottage of Capons.

TAke a couple of young Capons, Truſſe and ſet them and fill their bellies with Marrow, put them into a Pipkin with a knuckle of Veale, a Neck of Mutton, and a Marrow bone, and ſome ſweet bread of Veale; ſeaſon your Broth with Cloves, Mace, and a little Salt, ſet it to the fire, and let it boyle gently till your Capons be enough, but boyle them not too much; as your Capons boyle, make ready the bottomes and Tops of eight or ten new Rowles, and put them dryed into a faire Silver Diſh wherein you ſerve the Capons; ſet it on the fire, and put to your bread, two Ladlefuls of Broth wherein your Capons are boyled, and a Ladlefull of the gravy of Mutton; ſo cover your Diſh, and let it ſtand till you Diſh up your Capons; if need require, adde now and then a Ladlefull of Broth and Gravy, leaſt the bread grow dry; when you are ready to ſerve it, firſt lay in the Marrow bone, then the Capons on each ſide, then fill up your Diſh with Gravy of Mutton, wherein you muſt wring the juyce of a Lemon or two, then with a ſpoon take off all the fat that

that ſwimmeth on the pottage, then garniſh your Capon with the ſweet Breads and ſome Lemons, and ſo ſerve it.

To dreſſe Soals another way.

TAke Soales, fry them halfe enough, then take Wine ſeaſoned with Salt, grated Ginger, and a little Gaulick, let the Wine, and ſeaſoning boyle in a Diſh, when that boyles & your Soales are halfe fry'd, take the Soales and put them into the Wine, when they are ſufficiently ſtewed upon their backs, lay the two halfs open on the one ſide and on the other, then lay Anchoves finely waſhed along, and on the ſides over again, let them ſtew till they be ready to be eaten, then take them out, lay them on the Diſh, pour ſome of the clear Liquor which they ſtew in upon them, and ſqueeze an Orange in.

A Carp

A Carp Pye.

TAke Carps ſcald them, take out the great bones, pound the Carps in a ſtone Morter pound ſome of the blood with the fleſh which muſt be at the diſcretion of the Cook becauſe it muſt not be too ſoft, then lard it with the belly of a very fat Eagle, ſeaſon it, and bake it like red Deere and eat in cold.

This is meat for a Pode

To boyle Duks after the french faſhion

TAke and lard them and put them upon a ſpit, and halfe roaſt them, then draw them & put them into a Pipk in, and put a quart of Claret Wine into it, and Cheſnuts, & a pint of great oyſters taking the Beards from them, and three Onyons minced very ſmall, ſome Mace & a little beaten Ginger, a little Time ſtript, a Cruſt of a French Roule grated put into it to thicken it, and ſo diſh it upon ſops. This may be diverſified, if there be ſtrong Broth there need not be ſo much Wine put in, and if there be on oyſters or Cheſnuts you may put in Hartichock bottoms, Turnips, Colliflowers, Bacon in thin ſlices, Sweet breads, *&c.*

To

To boyle a Gooſe with Sauſages:

TAke your Gooſe and ſalt it two or three dayes, then truſs it to boyle, cut Lard as big as the top of your finger, as much as will lard the fleſh of the breſt, ſeaſon your lard with Pepper, Mace, and Salt; put it a boyling in Beefe broth if you have any, or Water, ſeaſon your Liquor with a little Salt, and Pepper groſly beaten an ounce or two, a bundle of Bay-leaves, Roſemary and Time, tyed altogether; you muſt have prepared your Cabbage or ſauſages boyld very tender, ſqueeſe all the water from them, then put them into a Pipkin, put to them a little ſtrong broth or Claret Wine, an Onyon or two; ſeaſon it with Pepper, Salt and Mace to your taſt; ſix Anchoves diſſolved, put altogether, and let them ſtew a good while on the fire; put a Ladle of thicke Butter, a little Vinegar, when your Gooſe is boyled enough, and your Cabbage on Sippets of bread and the Gooſe on the top of your Cabbage, and ſome on the Cabbage on top of your Gooſe, ſerve it up.

To

To fry Chickens.

Take five or six and scald them and cut them in pieces, then flea the skin from them, fry them in Butter very brown, then take them out, and put them between two dishes with the gravy of Mutton, Butter, and an Onyon, six Anchoves, Nutmeg and salt to your taste, then put sops on your Dish, put fryed Parsley on the top of your Chicken being Dished, and so serve them.

To make a Battalia Pye.

Take foure tame Pigeons and Trusse them to bake, and take four Oxe Palats well boyled and blaunched, and cut in little pieces; take six Lamb-stones, and as many good Sweet breads of Veale cut in halfs and parboyld, and twenty Cocks combs boyld add blanched, and the bottoms of four Hartichocks, and a Pint of Oysters parboyld and bearded, and the Marrow of three bones, so season all with Mace, Nutmeg and Salt; so put your meat in a Coffin of fine Paste proportionable to your quantity of meat; put halfe a pound of Butter upon your meat,

meat, put a little water in the Pye, before it be set in the Oven, let it stand in the Oven an houre and a halfe, then take it out, pour out the Butter at the top of the Pye, and put it in leer of Gravy, Butter, and Lemons, and serve it up.

To make a Chicken Pye.

TAke foure or five chickens, cut them in peices, take two or three Sweet-breads parboyl'd and cut the peices as big as walnuts; take the Udder of Veal cut in thin slices, or little slices of Bacon, the bottoms of Hartichoks boyl'd, then make your coffin proportionable to your meat, season your meat with Nutmeg, Mace and salt, then some Butter on the top of the Pye, put a little water into it as you put it into the Oven, and let it bake an hour, then put in a leer of butter, Gravy of Mutton eight Lemons sliced; so serve it.

To make a Pye of a Calves head.

TAke a Calves head, cleane it and wash it very well, put it a boyling till it be three quarters boyled, then cut off the flesh from

om the bones, and cut it in peeces as big Walnuts. Blaunch the Tongue and t it in ſlices, take a quart of Oyſters rboyl'd and bearded, take the yelks of elve Egs, put ſome thin ſlices of bacon nong the meat, and on the top of the eat, when it is in the pye cut an Onion all, and put it in the bottome of your ye, ſeaſon it with pepper, Nutmeg, Mace, d ſalt, make your Coffin to your meat hat faſhon you pleaſe. Let it bake an our and a half, put butter on the bottom nd on the top of your Pye before you loſe it put a little water in before you ut it into the Oven, when you draw it out ake off the Lid, and put away all the fat n the top and put in a leer of thick but-er, Gravy of Mutton, a Lemon pared nd ſliced with two or three Anchoves diſſolved. So ſtrew theſe together, and ut your Lid in handſome pieces, and lay round the pye, ſo ſerve it.

To make Cream with Snow.

TAKE three pints of Creame and the whites of ſeven or eight Egges and rain them together, and a little Roſe-ater, and as much Sugar as will ſwee-

An it, then take a ſticke as big as a child's arme, cleave one end of it a croſſe, and widen your pieces with your finger, beat your Creame with this ſticke or elſe with a bundle of Reeds tyed together, and rowl between your hand ſtanding upright in your Creame, now as the Snow ariſeth take it up with a ſpoon in a Cullender that the thin may run out, and when you have ſufficient of this Snow; take the Cream that is left,& ſeeth it in the Skellet, and put thereto whole Cloves, ſticks of Cinnamon a little Ginger bruiſed, and ſeeth it till it be thick, then ſtrain it and when it is cold put it into your Diſh, and lay your Snow upon it.

To make minced Pies.

TAke a large Neats tongue, ſhread it very well, three pound and a half of Suet very well ſhread, Currans three pound, halfe an ounce of beaten Cloves and Mace, ſeaſon it with Salt when you thinkt fit, half a preſerved Orange, or inſtead of it Orange Pils, a quarter of a pound of Sugar, a little Lemon Pill ſliced very thin, put all theſe together very well, put to it two Spoonfull of Ver-

juyce

yce, and a quarter of pint of Sake &c.

To dry Neats Tongues.

TAKE Bay ſalt beaten very fine, and Salt-Peeter of each a like, and rub your Tongues very well with that, and cover all over with it, and as it waſtes put on more, and when they are very hard and ſtiffe they are enough, then rowle them in Bran, and dry them before a ſoft fire, and before you boyle them, let them lie one night in Pumpe Water, & boyle them in the ſame ſort of water.

To make Jelly of Harts Horn.

TAke ſix ounces of Hart-Horne, three ounces of Ivory both finely carped, boyle it in two quarts of water in a Pipkin cloſe covered, and when it is three parts waſted, you may try it with a Spoon if it will be jelly, you may know by the ſticking to your Lips, then ſtraine it through a jelly bag; ſeaſon it with Roſe-water, juyce of Lemons and double refined Sugar, each according to your Taſte, then boyle altogether two or three

wames, ſo put in the Glaſſe and keep for your uſe.

To make Chickens fat in four or five dayes.

TAke a pint of French Wheat and a pint of Wheat flower, halfe a pound of Sugar, make it up into a ſtiff Paſte, and rowle it into little rowles, wet them in warme Milk, and ſo Cram them, and they will be fat in four or five dayes, if you pleaſe you may ſow them up behind one or two of the laſt dayes.

To make Angelot.

TAke a Gallon of Stroakings and a pint of Creame as it comes from the Cow, and put it together with a little Rennet; when you fill, turne up the midſt ſide of the Cheeſe-fat, fill them a little at once, and let it ſtand all that day and the next, then turn them, and let them ſtand til they will ſlip out of the Fat, Salt them on both ſides, and when the Coats begin to come on them, neither wipe nor ſcrape them, for the thicker the Coat is the better

A Persian dish.

TAke the fleshly part of a Leg of Mutton stript from the fat and sinews, beat that well in a Morter with Pepper and Salt, and a little Onyon or Garlick water by it selfe or with hearbs according to your taste, then make it up in flat cakes and let them be kept twelve houres betweene two Dishes before you use them, then fry them with butter in a frying pan and serve them with the same butter, and you will find it a dish of savory meat.

To roast a shoulder of Mutton in blood.

WHen your sheepe is killed save the blood, and spread the caule all open upon a Table that is wet, that it may not stick to it; as soone as you have flead your sheepe, cut off a shoulder, and having Tyme picked, shred and cut small into some of your blood, stop your shoulder with it, inside and outside, and into every hole with a *Spoone*, put some of the Blood;

after you have put in the Tyme, then lay your Shoulder of Mutton upon the caule and wrap that about it, then lay it into a Tray, and pour all the reſt of the blood upon it; ſo let it lie all night, if it be in Winter, you may let it lie twenty foure hours, then roaſt it.

To roaſt a Leg of Mutton to be eaten cold.

FIrſt take ſo much Lard as you thinke ſufficient to Lard your Leg of Mutton withall, cut your Lard in groſſe long Lardors; ſeaſon the Lard very deep with beaten Cloves, Pepper, Nutmegg, and Mace, and bay ſalt beaten fine and dryed, then take Parſley, Tyme, Marjoram, Onion, and the outrine of an Orange, ſhred all theſe very ſmall, and mix them with the Lard, then Lard your Leg of Mutton therewith, if any of the Hearbs and Spice remaine, put them on the Leg of Mutton; then take a ſilver Diſh, lay two ſtickes croſſe the Diſh to keepe the Mutton from ſopping in the Gravy and fat that goes from it, lay the Legge of Mutton upon the ſticks, and ſet it into an hot Oven there let it roaſt, turne it once but baſte it not at all, when it is enough and very

ery tender, take it forth but ſerve it no
ill it be throughly cold; when you ſerve
, put in a ſaucer or two of Muſtard, and
ugar, and two or three Lemons whole
the ſame diſh.

To roaſt Oyſters.

TAke the greateſt Oyſters you can get, and as you open them put them into a Diſh with their own Liquor, then take them out of the Diſh, & put them into another, and pour the liquor to them, but be ſure no gravel get amongſt them; then ſet them covered on the fire, and ſcald them a little in their owne Liquor, and when they are cold, draw eight or ten Lards through each Oyſter; ſeaſon your Lard firſt with Cloves, Nutmeg beaten very ſmall, Pepper; then take two woodden Lard Spits, and ſpit your Oyſters thereon, then tye them to another ſpit, & roaſt them. In the roaſting baſt them with Anchovy ſauce, made with ſome of the Oyſter Liquor, and let them drip into the ſame diſh where the Anchovy ſauce is; when they be enough, bread them with the cruſt of a roul grated on them, and when they be brown, draw them off, then take the ſauce wherewith you baſted

your Oysters, and blow off the fat, then put the same to the Oysters, wring in it the juyce of a Lemon, so serve it.

To make a Sack Posset.

TAke a quart of Cream and boyle it very well with Sugar, Mace, and Nutmeg, take half a pint of Sack and as much Ale, and boyle them well together with some Sugar, then put your Cream into your Bason to your Sacke, then heat a pewter dish very hot and cover your Bason with it, and set it by the fire side, and let it stand there two or three houres before you eat it.

Another Sack Posset.

TAke eight Eggs, yelks and whites, and beat them well together, straine them into a quart of Cream, season them with Nutmeg and Sugar, put to them a pint of Sack, stir them altogether and put them into your Bason, and set them in the Oven no hotter then for a custard, let it stand two hours.

To make a Sack Posset without Milk or Cream.

TAke eighteen Eggs whites and all, taking out the treads, let them be beaten very well, take a pint of Sack and a quart of Ale boyld, and scum it, then put in three quarters of a pound of sugar and a little Nutmeg, let it boyl a little together, then take it off the fire stirring the Egs still put into them two or three Ladlefuls of drink, then mingle all together and set it on the fire, and keepe it stirring till you find it thick, then serve it up.

To make a stumpe Pye.

TAke a Leg of Mutton, one pound and a halfe of the best Suet, mince both small together, then seafon it with a quarter of a pound of Sugar and a small quantity of salt and a little cloves & mace, then

then take a good handful of Parſly, half as much Time, and mince them very ſmall, and mingle them with the reſt; then take ſix new laid Eggs and break them into the meat and work it well together, and put it into the paſt; then upon the Top put Raiſins, Currants and Dates a good quantity, cover and bake it, when it is baked, and when it is very hot, put into it a quarter of a pint of white wine Vinegar, and ſtrow Sugar upon it, and ſo ſerve it.

To make Mrs. Leeds *Cheeſe Cakes.*

TAke ſix quarts of milk and ren it pretty cold, and when it is tender come drayn from it your Whey in a ſtrayner, then hang it up till all the Whey be dropt from it, then preſſe it, change it into dry cloaths till it wet the cloth no longer, then beat it in a ſtone Morter, till it be like butter, then ſtrayne it through a thin ſtrayner, mingle it with a pound and a half of butter with your hands, take one pound of Almonds, and heat them with Roſewater till they are like your Curd, then mingle them with the yelks of twenty Eggs and a quart of Cream, two great nutmegs, one pound and a half of ſugar, when your Coffins are ready

ready and going to set in the Oven; then mingle them together, let your Oven be made hot enough for a Pigeon Pye, and let a stone stand up till the scorching be past, then set them in, half an hour will bake them well, your Coffins must be make with Milk and Butter as stiffe as for other Past, then you must set them into a pretty hot Oven, and fill them full of Bran, and when they are harded, take them out, and with a Wing brush out the Bran, they must be pricked.

To make Tarts called Taffaty Tarts.

First wet your Past with Butter and cold Water, and rowle it very thin, also then lay them in layes, and between every Lay of Apples strew some Sugar, and some Lemon Pill, cut very small, if you please put some Fennel seed to them; then put them into a stoak hot Oven, and let them stand an hour in or more, then take them out, and take Rose-water and Butter beaten together, and wash them over with the same, and strew fine Sugar upon them; then put them into the Oven again, let them stand a little while and take them out.

To make Freſh Cheeſe.

TAke three pints of raw Creame and ſweeten it well with Sugar, and ſet it over the fire, let it boyle a while, then put in ſome Damask-Roſe-water, keep it ſtill ſtirring leaſt it burne too, and when you ſee it thickned and turned, take it from the fire and waſh the ſtrainer and Cheeſefat with Roſe-water, then rowl it too and fro in the *S*trainer to draine the Whey from the Curd, then take up the Curd with a ſpoon and put them into the Fat, let it ſtand till it be cold, then put it into the Cheeſe Diſh with ſome of the Whey, and ſo ſerve it up.

To make Sugar Cakes. or Jumbals.

TAke two pound of flower, dry it and ſeaſon it very fine, then take a pound of Loaf Sugar, and beat it very fine, and ſearce it, mingle your Flower and Sugar very well, then take a pound and a halfe of ſweet Butter and waſh out the Salt

Salt, and breake it into bits with your Flower and Sugar, then take yelks of four new laid Eggs, and four or five ſpoonfuls of Sack, and four ſpoonfuls of Creame; beat all theſe together, then put them into your Flower, and knead them to a Paſt, and make them into what faſhion you pleaſe, and lay them upon Paper or Plates, and put them into the Oven, and be carefull of them, for a very little thing bakes them.

For Jumbals you muſt only adde the whites of two or three Eggs.

To haſh a Shoulder of Mutton:

TAke a Shoulder of Mutton and ſlice it very thin till you have almoſt nothing but the Bone, then put to the meat ſome Claret Wine, a great Onion, ſome Gravy of Mutton, ſix Anchoves, a handfull of Capers, the tops of a little Tyme, mince them very well together, then take nine or tenne Egges, the juyce of one or two Lemons to make

to make it tart, and make leere of them, then put the meat all in a frying Pan over the fire till it be very hot; then put in the leere of Eggs and ſoak altogether over the fire till it be very thick; then boyle your bone, and put it on the top of your meat being Diſhed, Garniſh your Diſh with *Lemons*, ſerve it up.

To dreſſe Flounders or Playce with Garlick and Muſtard.

TAke Flounders very new, and cut all the Fins and Tailes, then take out the Guts and wipe them very clean, they muſt not be at all waſht, then with your Knife ſcotch them on both ſides very groſely; then take the tops of Tyme and cut them very ſmall, and take a little Salt, Mace, and Nutmeg, and mingle the Tyme and them together, and ſeaſon the Flounders; then lay them on the Grid-iron and baſt them with Oyle or Butter, let not the fire be too hot, when that ſide next the fire is brown; turn it, and when you turn it, baſt it on both ſides till you have broyld them Brown, when they are enough make your ſauce with Muſtard two or three Spoonful according

ing to discretion, six Anchoves dissolved very well, about half a pound of butter drawn up with garlick, vinegar, or bruised garlick in other vinegar, rubb the bottome of your dish with garlick. So put your sauce to them, and serve them, you may fry them if you please.

A Turkish Dish.

TAke fat Beef or Mutton cut in thin slices, wash it well, put it into a pot that hath a close cover, then put into it a good quantity of clean pick'd rice, skim it very well; then put into it a quantity of whole pepper, two or three whole onyons; let all this boyl very well, then take out the onyon and dish it in Sippets, the thicker it is, the better,

To dresse a Pyke.

CUt him in peices, and strew upon him salt and scalding vinegar, boyle him in water and White Wine, when he is boyling put in sweet Herbs, Onyon, Garlick, Ginger, Nutmeg, and salt; when he is boyled take him out of the Liquor, and let him drayn, in the mean time beat

Butter

Butter and Anchoves together, and pour it on the fiſh, ſqueezing a little Orange and Lemon upon it.

To dreſſe Oyſters.

TAke Oyſters and open them, and ſave the Liquor, and when you have opened ſo many as you pleaſe, adde to this Liquor ſome White-wine, wherein you muſt waſh your Oyſters one by one very cleane and lay them in another Diſh; then ſtrain to them that mixed wine and Liquor wherein they were waſhed, adding a little more Wine to them with an Onion divided with ſome ſalt and pepper, ſo done, cover the Diſh and ſtew them till they be more then halfe done; then take them and the Liquor, and pour it into a frying pan, wherein they muſt fry a pretty while, then put into them a good piece of ſweet butter, and fry them therein ſo much longer; in the mean time you muſt have beaten the yelks of ſome Eggs, as four or five to a quart of Oyſters: Theſe Eggs muſt be beaten with ſome Vinegar, wherein you muſt put ſome minced parſly and Nutmeg finely ſcraped, and put therein the Oyſters in the pan, which muſt

ſtill

ll be kept ſtirring leaſt the Liquor make e Eggs cruddle, let this all have a good me on the fire, and ſerve it up.

To dreſſe Flounders.

Flea off the black skin, and ſcowr the fiſh over on that ſide with a knife, lay em in a diſh, and pour on them ſome inegar, and ſtrew good ſtore of ſalt, let em lie for halfe an houre; in the meane ime ſet on the fire ſome water with a lit-le white Wine, Garlick and ſweet Herbs s you pleaſe, putting into it the Vinegar nd ſalt wherein they lay, when it boyles ut in the biggeſt fiſh, then the next till ll be in; when they are boyled, take them out and drain them very well, then draw ſome ſweet butter thicke, and mix with it ſome Anchoves ſhred ſmall, which be-ing diſſolved in the Butter, poure it on the fiſh, ſtrewing a little ſliced Nutmegg, and minced Oranges and Barbaries.

To dreſſe Snails.

TAke Snailes and put them in a Kettle of water, and let them boyle a little, then take them out, and ſhake them out of the ſhels into a Baſon; then take ſome Salt and ſcoure them very well, and waſh them in warme water, untill you find the ſlime cleane gone from them; then put them into a cullender and let them draine well, then mince ſome ſweet hearbs, and put them into a Diſh with a little pepper and Sallet Oyle together, then let them ſtand an hour or two; then waſh the ſhels very well, and dry them, and put into every ſhell a Snail, and fill up the ſhell with Sallet Oyle and herbs, then ſet them on a gridiron upon a ſoft fire, and ſo let them ſtew a little while, and diſh them up warm and ſerve them up.

To dreſſe pickle fiſh.

WAſh them well while they are in the ſhell in ſalt water, put them into a Kettle over the fire without water; and ſtirre them till they are open, then take them out of their ſhels

lls, and wash them in hot water and , then take some of their owne liquor t they have made in the Kettle, a little ite wine, butter, vinegar, Spice, Parsley all these boyl together, and when it is ld, take the yelke of three or four Egs, put into the broth. Scollops may be ssed on this manner or broild like Oys with Oyle or juice of Lemons.

To fricate Beefe Pallats.

TAke Beefe pallats after they be boyled very tender, Blaunch and pare them ean, season them with fine beaten cloves utmegg, Pepper, Salt, and some grated read; then have some butter in a frying an, put your pallats therein, and so fricat hem till they be browne on both sides, hen take them forth and put them on a ish, and put thereto some gravy of mutton, wherein two or three Anchoves are dissolved, grate in your sauce a little Nutmegg, wring in the juyce of a Lemon, so serve them.

To

A Spaniſh Olio.

TAke a piece of Bacon not very fa but ſweet and ſafe from being ruſty a piece of freſh beef, a couple of hogs Eares and foure feet if they can be had and if not, ſome quantity of ſheeps feet (Calves feet are not proper) a joynt o Mutton, the Leg, Rack, or Loyne, a Hen, halfe a dozen pigeons, a bundle o Parſley, Leeks, and Mint, a clove of Garlick when you will, a ſmall quantity o pepper, cloves, and ſaffron, ſo mingled that not one of them overrule, the pepper and cloves muſt be beaten as fine as poſſible may be, and the ſaffron muſt be firſt dryed, and then crumble in powder and diſſolved apart in two or three ſpoonfuls of broth, but both the ſpices and the Saffron may be kept apart till immediately before they be uſed, which muſt not be, till within a quarter of an hour before the Olio be taken off from the fire; a pottle of hard dry peaſe, when they have firſt ſteept in water ſome dayes, a pint of boyld Cheſnuts: particular care muſt be had that the pot wherein the Olio is made, be very ſweet; Earthen I thinke is the beſt, and judgement

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to drink the Sugar up and you wil find it
to be excellent, but if you make it not
faithfully and justly according to this
prescript, but shall neither put Mace, or
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much the worse.

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To make Metheglin.

TAke all ſorts of Herbs that are good and wholeſome, as Balme, Mint, Fennell, Roſemary, Angelica, wilde Tyme, Iſop, Burnet, Egrimony, and ſuch others as you think fit; ſome Field Hearbs, but you muſt not put in too many, but eſpecially Roſemary or any ſtrong Hearbs leſſe then halfe a handfull will ſerve of every ſort, you muſt boyle your Herbs and ſtrain them, and let the Liquor ſtand till to Morrow and ſettle them, take off the cleareſt Liquor, two Gallons and a halfe to one Gallon of Honey, and that proportion as much as you will make, and let it boyle an hour, and in the boyling skim it very clean, then ſet it a cooling as you doe Beere, when it is cold take ſome very good Ale Barme, and put into the bottome of the Tubb a little and a little as they doe Beere, keeping backe the thicke ſetling, that lyeth in the bottome of the Veſſel that it is cooled in, and when it is all put together, cover it with a Cloth, and let it worke very neere three dayes, and when you mean to put it up, skim off all the Barme clean, put it

up into the Veſſel, but you muſt not ſtop your Veſſell very cloſe in three or four dayes, but let it have all the vent, for it will worke, and when it is cloſe ſtopped, you muſt looke very often to it, and have a peg in the top to give it vent; when you heare it make a noiſe, as it will do, or elſe it will break the Veſſell; ſometime I make a Bag and put in good ſtore of Ginger ſliced, ſome Cloves and Cinnamon, and boyl it in, and other times I put it into the Barrel and never boyle it, it is both good, but Nutmeg and Mace do not well to my Taſt.

To make a Sallet of Smelts.

TAke halfe a hundred of Smelts, the biggeſt you can get, draw them and cut off their Heads, put them into a Pipkin with a pint of Whit wine, and a pint of White wine Vinegar, an Onion ſhred, a couple of Lemmons, a Race of Ginger, three or foure blades of Mace, a Nutmegg ſliced, whole Pepper, a little Salt, cover them, and let them ſtand twenty foure hours; if you will keepe them three or foure dayes, let not your Pickle be too ſtrong of the Vinegar, when

when you will ſerve them, take the out one by one, ſcrape and open them you do Anchoves, but throw away t bones, lay them cloſe one by one, roun a Silver diſh, you muſt have the very u moſt rind of a Lemon or Orange ſo ſma as grated bread and the Parſley, then mi your Lemon Pill, Orange and Parſley to gether with a little fine beaten Peppe and ſtrew this upon the diſh of Smel with the meat of a Lemon minced ver ſmall, alſo then power on excellent Sal let-Oyle, and wring in the juyce of tw Lemons, but be ſure none of the Lemon ſeed be left in the Sallet, ſo ſerve it.

To Roaſt a Fillet of Veal.

TAke a Fillet of Beef which is the tenderest part of the Beaſt, and lyeth only in the inward part of the Surloyne next to the Chyne, cut it as big as you can, then broach it on a broach not too big, and be carefull you broach it not thorow the beſt of the meat, roaſt it leaſurely and baſte it with ſweet Butter. Set a Diſh under it to ſave the Gravy while the Beef is roaſting, prepare the Sauce for it, chop good ſtore of Parſley

with a few ſweet herbs ſhred ſmall, and e yelks of three or four Eggs, and mince mong them the pill of an Orange, and little onyon, then boyle this mixture, utting into it ſweet butter, Vinegar, d gravy, a ſpoonfull of ſtrong broth, hen it is well boyled, put it into your eef, and ſerve it very warm, ſometimes a ttle groſſe Pepper or Ginger into your uce, or a pill of an Orange or Lemon.

To make a Sallet of a cold Hen or a Capon.

TAke the breaſt of a Hen or Capon, and ſlice it as thin as you can in ſteaks, ut therein Vinegar, and a little Sugar as ou thinke fit, then take ſix Anchoves, nd a handfull of Caphers, a little long, roſs or a carrigon, and mince them to-ether, but not too ſmall, ſtrew them on he Sallet, Garniſh it with Lemons, O-anges or barberies, ſo ſerve it up with a ittle ſalt.

To ſtew Muſhrumps.

TAke them freſh gathered and cut off the hard end of the ſtalk, & as you pill them row them into a Diſh of white Wine,

after they have lain half an hour or thereupon drain them from the wine, and put them between two ſilver diſhes, then ſet them on a ſoft fire without any liquor, and when they have ſo ſtewed a while, pour away the Liquor that comes from them which will be very black, then put your Muſhrumps into another clean diſh with a ſprig or two of Time, an Onion whole, four or five cornes of whole pepper, two or three cloves, a bit of an Orange, a little ſalt, a bit of ſweet butter, and ſome pure gravy of Mutton, cover them, and ſet them on a gentle fire, ſo let them ſtew ſoftly till they be enough and very tender, when you diſh them, blow off all the fat from them and take out the Time, ſpice, and Orange, then wring the juice of a Lemon, and grate a little Nutmeg among the Muſhrumps, toſſe them two or three times; put them in a clean diſh, and ſerve them hot to the Table.

The Lord Conway *his Lordships reicept for the making of Amber Puddings.*

First take the Guts of a young hog, and wash them very clean, and then take two pound of the best hogs fat, and a pound and a half of the best Jurden almonds, the which being blancht, take one half of them, & beat them very small, and the other halfe reserve whole unbeaten, then take a pound and a halfe of fine Sugar and four white loves, and grat the Loaves over the former composition, and mingle them well together in a bason, having so done, put to it halfe an ounce of Ambergreece, the which must be scrapt very small over the said composition, take halfe a quarter of an ounce of levant musk and bruise it in a marble morter, with a quarter of a pint of orange flower water, then mingle these all very well together, and having so done, fill the said Guts therwith, this Receipt was given his Lordship by an Italian for a great rariety, and has been found so to be by those Ladies of honour to whom his Lordship has imparted the said reception.

To make a Partridge Tart.

TAke the fleſh of four or five Partridges minced very ſmall with the ſame weight of Beef marrow as you have Partridge fleſh with two ounces of Orangeadoes and green citron minced together as ſmall as your meat, ſeaſon it with Cloves and Mace and Nutmeg, and a little ſalt and Sugar, mix all together, and bake it in puff paſt; when it is baked, open it, and put in halfe a Grain of Muske or Amber braid in a morter or Diſh, and with a ſpoonfull of Roſewater and the juyce of three or four Oranges, when you put all theſe therein, ſtir the meat and cover it again, and ſerve it to the Table.

To keep Veniſon all the year.

TAke the haunch, and parboyle it a while, then ſeaſon it with two Nutmegs, a ſpoonfull of Pepper, and a good quantity of ſalt, mingle them altogether, then put two ſpoonfulls of white Wine-Vinegar, and having made the Veniſon full of holes, as you doe when you Lard it, when it is Larded, put in the Veniſon

ſon at the holes, the Spice and Vinegar, and ſeaſon it therewith, then put part into the Pot with the fat ſide downwards, cover it with two pound of Butter, then cloſe it up cloſe with courſe Paſt, when you take it out of the Oven, take away the Paſt, and lay a round Trencher with a weight on the top of it to keep it down till it be cold, then take off the Trencher, and lay the Butter flat upon the Veniſon, then cover it cloſe with ſtrong white Pepper, if your Pot be narrow at the bottom it is the better, for it muſt be turned upon a Plate, and ſtuck with Bayleaves when you pleaſe to eat it.

To bake Brawn.

TAke two Buttocks and hang them up two or three dayes, then take them down and dip them into hot Water, and pluck off the skin, dry them very well with a clean Cloth, when you have ſo done, take Lard, cut it in pieces as big as your little finger, and ſeaſon it very well with Pepper, Cloves, Mace, Nutmeg, and Salt, put each of them into an earthen pot, put in a Pint of Clarret wine, a pound of Mutton Suet. So cloſe it with Paſt

let the Oven be well heated, and ſo bake them, you muſt give them time for the baking according to the bigneſſe of the Haunches, and the thickneſſe of the Pots, they commonly allot ſeven hours for the baking of them; let them ſtand three dayes, then take off their Cover, and poure away all the Liquor, then have clarified Butter, and fill up both the Pots, to keep it for the uſe, it will very well keep two or three months.

To roaſt a Pike.

TAke a Pike, ſcoure off the ſlime, take out the Entralls, Lard it with the backs of Pickled Herrings, you muſt have a ſharp Bodkin to make the holes, no Larding Pins will go thorow, then take ſome great Oyſters, Claret Wine, ſeaſon it with Pepper, Salt, and Nutmeg, ſtuff the belly of the Pike with theſe Oyſters, intermix with them Roſemary, Tyme, Winter-*Savory*, ſweet Marjorum, a little Onyon and Garlick, ſow theſe in the belly of the Pike, prepare two ſticks about the Breadth of a Lath, theſe two ſticks and the Spit muſt be as broad as the Pike being tyed on the *Spit*, tye the Pike on, winding Pack-thread about the Pike along, but there muſt be tyed by the

the pack-thread all along the ſide of the pike which is not defended by the ſpit, and the Lathes Roſemary and Bayes, baſt the pike with Butter and Clarret Wine, with ſome Anchoves deſſolved in it, when it is waſted, rip up the the belly of the Pike, and the oyſter will be the ſame, but the herbs which are whole muſt be taken out.

To ſauſe Eeles

TAke two or three great Eele, rubb them in ſalt, draw out the Guts, waſh them very clean, cut them a thwart on both ſides ſound deep, and cut them again croſs way, then cut them through in ſuch pieces as you think fit, and put them into a diſh with a pint of Wine vinegar, and a handfull of ſalt, have a kettle over the fire with fair Water, and a bundle of ſweet herbs, two or three great onyons, ſome Mace, a few Cloves, you muſt let theſe lie in wine-vinegar and ſalt, and put them into boyling liquor, there let them boyle according to *Cookry*, when enough take out the Eeles, and drain them from the Liquor, when they are cold, take a pint of white wine, boyle it up with ſaffron to colour the wine, then take out ſome of the Liquor, & put it in an earthen

pan take out the onyons & all the herbs, only let the cloves and mace remaine, you muſt beat the ſaffron to powder, or elſe it will not colour.

To make Sauſages without skins.

TAke a leg of young pork, two pound of Beef-ſuet, two handfuls of Sage, two loaves of whit bread, ſalt and pepper to your taſt, halfe the pork, and half the ſuet muſt be very well beat in a ſtone Morter, the reſt cut very ſmall, be ſure to cut out all the greſſes and Lenets in the pork, when you have mixed theſe altogether, knead them into a ſtiffe paſt with the yelks of two or three Eggs, ſo rowle them into ſauſages.

To dreſſe a Pike.

TAke a Male Pike, rub his skin off whilſt he lives with bay ſalt, having well cleared the out ſide, lay him in a large Diſh or Tray, open him ſo as you break not his gawle, cut him according to the ſize of the fiſh in two or three pieces, from the head to the taile muſt be ſlit this done, they are to be layd as flat as you can in a great Diſh or Tray, poure upon it halfe a pint of white Wine Vinegar, more or leſſe, according to the ſize of

of the Fish, then ſtrew upon the inſide of the Fish, white Salt plentifully, Bay ſalt (season very ſmall is better, whileſt this is a doing,) let a Skellet with a ſufficient quantity of Reniſh Wine or good white Wine be put over the fire, with the Wine, Salt, Ginger Nutmegg, an Onion, foure or five Cloves of Garlicke, a bunch of ſweet Herbs, *viz.* Sweet Marjoram, Roſemary, peel of half a Lemon, let theſe boyl to the heighth, put in the Pike, with the Vinegar, in ſuch manner as not quench or allay, if poſſibly the heat of the Liquor but the thickeſt peece firſt that will aske moſt boyling, and the Vinegar laſt of all; while the Pike boyles, take two quarters of a pound of Anchoves, one quarter of very good butter, a Saucer of the Liquor your Pike was boyled in, diſſolved Anchoves. Note that the Liquor, Sauce the Spice, and the other ingredients muſt follow the proportion of the pike; if your Sauce be too ſtrong of the Anchoves, adde more faire water to it. Note alſo that the Liquor wherein this Pike was dreſſed, is better to boyle a ſecond Pike therein, then it was at the firſt.

To dreſs Eeles.

CUt two or three Eeles into pieces of a convenient length, ſet them end wayes in a pot of Earth, put in a ſpoonful or two of Water, and to them put ſome Herbs and Sage chopt ſmall, ſome Garlick, Pepper and Salt, ſo let them be baked in an Oven.

To boyle a pudding after the Frenſh faſhion.

TAke a Turkey that is very fat, and being puld and dreſt, Lard him with long pieces of Lard, firſt wholed in ſeaſoning of ſalt, Pepper, Nutmegs, Cloves and Mace, then take one piece of Lard whole in the ſeaſoning, put it into the belly with a ſprig of Roſemary and Bayes, ſow it very cloſe in a clean cloth, and let it lye all night covered with white Wine, let it be put into a pot with the ſame Liquor and no more, let it be cloſe ſtopped, then hang it over a very ſoft and gentle fire, there to continue ſix houres in a ſimpering boyle, when it is cold take it out of the Cloth, not before, put it in a Pye plate, and ſtick it full of

Roſemary

Rosemary and Bayes, so serve it up with mustard and sugar, they are wont to lay it on a napkin folded square, and lay it cornerwise.

To make a Fricake.

TAke three Chickens, and pull off the skins, and cut them into little pieces, then put them into water with two or three onions, and a bunch of parsly, and when it hath stewed a little, put in some salt and pepper, and a pint of white wine, so let them stew till they be enough, then take some Verjuyce, and Nutmegs, and three or foure yelkes of Eggs, beat them well together, and when you take off the Chickens, put them into a frying pan altogether with some butter, scald it well over the fire and serve it in.

T

To make a Diſh called Olaves.

TAke a fillet of Veale, and the fleſh from the bones, and the fat and skin from either, cut it into very thin ſlices, beat them with the backe of your Knife, lay them abroad on a Diſh, ſeaſon them with Nutmegg, Pepper, Salt and ſugar, chop halfe a pound of Beefe Suet very ſmall, and ſtrew upon the top of the meat, then take a good handfull of herbs as Parſly, Time, Winter Savoury, Sorrell, and Spinage, chop them very ſmall, and ſtrew over it, and four Egges with the whites, mingle all theſe well together with your hands, then roul it up piece by peece, put it upon the ſpit, roaſting it an hour and half and if it grow dry, baſte it with a little ſweet Butter, the ſauce is Verjuyce or Clarret wine with the Gravy of the meat and ſugar, take a whole Onyon and ſtew it on a chafing diſh of coales and when it taſtes of the Onyon, pour the liquor from it on the meat, ſetting it a while on the coales, and ſerve it in.

To make an Olave Pye.

THis you may take in a Pye, putting Raisins of the Sun stoned, and some Currants in every Olave, first strowing upon the meat the whites and yelkes of two boyled Eggs shred very small, make you Olaves round, and put them into puff paste, when it is halfe baked, put in a good quantity of verjuyce or Claret wine sweetned with Sugar, putting it in again till it be thorow backed.

The Countesse of RUTLANDS *Receipt of making the rare* Banbury *Cake, which was much praised in her Daughtars (the* [illegible] *the Lady* Chaworths [illegible].

Imprimis

TAke a peck of fine flower, and halfe an an ounce of large Mace, halfe an ounce of *Nut*megges, and halfe an ounce of Cinnamon, your Cinnamon and Nutmeggs must be sifted through a Searce, two pounds of Butter, halfe a score of Eggs, put out four of the whites of them, some

ſomething above a pint of good Ale yeſt, beate your Eggs very well and ſtraine them with your yeſt, and a little warme water into your flower, and ſtirre them together, then put your butter cold in little Lumpes: The water you knead withall muſt be ſcalding hot if you will make it good paſt, the which having done, lay the paſt to riſe in a warme Cloth a quarter of an houre, or thereupon; Then put in ten pounds of currans, and a little Muske and Ambergreece diſſolved in Roſewater, your currans muſt be made very dry, or elſe they will make your Cake heavy, ſtrew as much Sugar finely beaten amongſt the Currens, as you ſhall thinke the water hath taken away the ſweetneſſe from them, break your paſt into little pieces, into a kimnel or ſuch like thing, and lay a Layer of paſt broken into little pieces, and a Layer of Currans, until your Currans are all put in, mingle the paſt and the Currans very well, but take heed of breaking the Currans, you muſt take out a piece of paſt after it hath riſen in a warme cloath before you put in the currans to cover the top, and the bottom, you muſt role the cover ſome-

thing

thing thin, and the bottom likewise, and wet it with Rosewater, and close them at the bottome of the side or the middle which you like best, prick the top and the sides with a small long Pin, when your Cake is ready to go into the Oven, cut it in the midst of the side round about with a knife an inch deep, if your Cake be of a pecke of Meale it must stand two hours in the Oven, your Oven must be as hot as for Manchet.

An excellent Sillabub.

FIll your Sillabub pot with *Syder* (for that is the best for a Sillabub) and good store of Sugar and a little Nutmeg; stir it well together, put in as much thick Cream by two or three spoonfuls at a time, as hard as you can, as though you milke it in, then stir it together exceeding softly once about, and let it stand two hours at least ere it is eaten, for the standing makes the Curd.

To Sauce a Pig.

TAke a faire large Pigge and cut off his Head, then ſlit him thorow the midſt then take forth his bones, then lay him in warme water one night, then Collar him up like Brawne; then boyle him tender in faire water, and when he is boyled put him in an earthen Pot or Pan into Water and Salt, for that will make him white, and ſeaſon the fleſh, for you muſt not put Salt in the boyling, for that will make it black, then take a quart of the ſame broth, and a quart of white wine; boyl them together to make ſome drink for it, put into it two or three Bay leaves, when it is cold uncloath the Pig, and put it into the ſame *drink* & it wil contenue a quarter of a year. It is a neceſſary Diſh in any Gentlemans Houſe; when you ſerve it in, ſerve it with greene Fennell, as you doe Sturgion with Vinegar in Saucers.

To make a Virginia Trout.

TAke Pickled Herrings, cut off their Heads, and lay the bodies two dayes and nights in water, then waſh them well, then

en ſeaſon them with Mace, Cinamon, loves, Pepper, and a little red ſaunders, hen lay them cloſe in a pot with a little nyon ſtrewed ſmall upon them, and caſt etween every Layer; when you have hus done, put in a pint of Clarret wine to hem, and cover them with a double pa- er tyed on the pot, and ſet them in the ven with houſhold bread. They are to e eaten cold.

To make a fat Lambe of a Pig.

TAke a fat Pig and ſcaid him, and cut off his head, ſlit him and truſs him up like a Lamb, then being ſlit through the middle, and ſtawed, then parboyle him a little, then draw him with parſley as you do a Lamb, then roaſt it and dridg it, and ſerve it up with butter, pepper, and Sugar.

To make Rice Pancakes.

TAke a pound of Rice, and boyle it in three quarts of water till it be very tender, then put it into a pot covered cloſe, and that will make a Jelly, then take a quart of Cream or new Milke, put

put it ſcalding hot to the Rice, then take twenty *Eggs*, three quarters of a pound of melted butter, a little ſalt, ſtirre all theſe well together, put as much flower to them as will make them hold frying, they muſt be fryed with Butter, they muſt be made over night, beſt.

Mrs. Dukes *Cake.*

TAke a quarter of a peck of the fineſt flour, a pint of Cream, ten yelks of Egges well beaten, three quarters of a pound of butter gently melted, pour on the floure a little Ale yeſt, a quarter of a pint of Roſe water, with ſome Muske, and Ambergreece diſſolved in it, ſeaſon all with a penny worth of Mace and Cloves, a little Nutmeg finely beaten, Currans one pound and a halfe, Raiſins of the ſun ſtoned, and ſhred ſmall one pound, Almonds blanch'd and beaten, halfe a pound, beat them with Roſewater to keep them from Oyling: Sugar beaten very ſmall, half a pound; firſt mingle them, knead all theſe together, then let them lie a full houre in the Dough together, then the Oven being made ready, make up your Cake, let not the Oven be too hot, nor ſhut up the mouth of it too cloſe

take ſe, but ſtir the Cake now and then
poun at it may bake all alike, let it not ſtand
re a full houre in the Oven. Againſt you
lowe raw it have ſome Roſewater and Sugar
ying nely beaten, and well mixed together to
mu ash the upper ſide of it, then ſet it in
he Oven to dry, when you draw it out,
t will ſhew like Icé.

To make fine Pancakes fried without Butter, or Lard.

TAke a pint of Creame, ſix new layd Eggs, beat them very well, put in a quarter of a pound of Sugar, one Nutmeg or beaten Mace which you pleaſe, as much flower as will thicken them almoſt as thick as for ordinary Pancakes, your Pan muſt be cleane wiped with a Cloth, when it is reaſonably hot, put in your Butter, or thick or thin as you pleaſe, to fry them.

To pot Veniſon.

TAke a haunch of Veniſon not hunted, and bone it, then take three ounces of Pepper beaten, twelve Mutmegs, with a handfull of Salt, and mince them together with Wine Vinegar, then wet your Veniſon with Wine Vinegar and ſeaſon it

it, then with a knife make holes on t lean sides of the Hanch, and stuff it as yo would stuff Beef with Parsley, then put into the Pot with the fat side downwar then clarifie three Pound of Butter, an put it thereon, and Past upon the Po and let it stand in the Oven five or si hours, then take it out, and with a ver presse it down to the bottome of the Pot, and let it stand till it be cold, then take the Gravy of the top of the Pot and melt it, and boyle it half away and more, then put it in again with the Buter on the top of the Pot.

To make a Marchpan; to Ice him, &c.

TAke two pound of Almonds blanched, and beaten in a stone Morter till they begin to come to a fine Past, and take a pound of sifted Sugar, and put it in the Morter with the Almonds, and so leave it till it come to a perfect Past, putting in now and then a Spoonfull of Rosewater to keep them from Oyling; when you have beaten them to a perfect Past cover the Marchpan in a sheet, as big as a Charger, and set an edge about as

you do about a Tart, and a bottome of fers under him; thus bake it in an oven baking pan, when you see your marchn is hard and dry, take it out and Ice m with Rosewater and sugar being ade as thick as butter for Fritters; so read it on him with a wing-fether; so ou see it rise high, then take it out and rnish it with some pretty conceits made art of the same stuff, stick lonst cumfets pright in him, so serve it.

To make Jelly the best manner.

TAke a Leg of Veale, and pare away the fat as clean as you can, wash it throughly, let it lie soaking a quarter of an hour or more, provided you first breake the bones, then take foure Calves feet, scald off the hair in boyling water, then slit them in two, and put them to your Veale, let them boyle over the fire in a brasse pot, with two Gallons of water or more, according to the proportion of your Veal, scum it very clean and often; so let it boyle till it comes to three pintes or little more, then strain it through a cleane strainer, into a Bason

Baſon, and ſo let it ſtand till it b
through cold and well jellied, then cu
it in pieces with a Knife, and pare th
top and the bottome of them, put it into
a Skellet, take two ounces of Cynamon
broken very ſmall with your hand, three
Nutmegs ſliced, one race of Ginger, a
large Mace or two, a little quantity of
Salt, one Sponfull of Wine Vinegar, or
Roſe-Vinegar, one pound and three quar-
ters of Surar, a pint of Reniſh-wine, or
white Wine, and the Whites of fifteen
Eggs, well beaten; put all theſe to the
Jelly, then ſet it on the fire, and let it
ſeeth two or three wames, ever ſtirring
it as it ſeeths, then take a very clean Jel-
ly bag, waſh the bottom of it in a little
Roſe water, and wring it ſo hard that
there remaine none behind, put a branch
of Romary in the bottom of the bag,
hang it up before the fire over a Baſon;
and pour the Jelly-bag into the Baſon,
provided in any caſe you ſtir not the
Bag, then take Jelly in the Baſon and
put it into your bag again, let it run the
ſecond time and it will be very much the
clearer; ſo you may put it into your
Gally-pots or Glaſſes which you pleaſe,
and ſet them a cooling on Bay ſalt, and
when

en it is cold and ſtiffe you may uſe it at
ur pleaſure, if you will have the jelly
a red colour uſe it as before, onely in-
d of Reniſh wine uſe Clarret.

To make poor knights.

CUT two penny loaves in round ſli-
ces, dip them in half a pint of Cream
faire water, then lay them a broad in a
h and beat three Eggs and grated Nut-
egs and ſugar, beat them with the Cream
en melt ſome butter in a frying pan, and
et the ſides of the toaſts and lay them
on the wet ſide, then poure in the reſt
pon them, and ſo fry them, ſerve them
with Roſewater, ſugar and butter.

To make Shrewsbury Cakes

TAke two pound of flower dryed in the Oven and weighed after it is dry-d, then put to it one pound of Butter that muſt be layd an hour or two in Roſewater, ſo done poure the Water from the Butter, and put the Butter to the flower with the yelks and whites or five Eggs, two races of Ginger, and three quarters of a pound of Sugar, a little ſalt, grate your ſpice and it well be the

the better, knead all these together t
you may rowl the past, then rowl it for
with the top of a bowle, then prick the
with a pen made of wood, or if you ha
a comb that hath not been used, that wi
do them quickly, and is best to that pu
pose, so bake them upon pye plates, b
not too much in the Oven, for the hea
of the plates will dry them very much
after they come forth of the Oven yo
may cut them without the bowles o
what bigness or what fashon you pleas

To make beef like red Deer to be eaten cold.

TAke a buttock of beef, cut it the long wayes with the grain, beat it well with a rowling pin, then broyl it upon the coals, a little after it is cold, draw it throw with Lard, then lay in some white wine Vinegar, Pepper, Salt, Cloves, Mace and Bay-leaves, then let it lie three or four dayes, then bake it in Rye past, and when it is cold fill it up with butter, after a fortnight it will be eaten.

To

To make Puffs.

TAke a pint of Cheese Curds and drein them dry, bruise them small with the wi...and, put in two handfuls of flower, a pu...ittle Sugar, three or four yelks of Eggs, b... little Nutmeg and Salt; mingle these he...ogether and make them little, like eyes, uc...ry them in fresh butter, serve them up with yo...resh Butter and Sugar.

To make a Hash of Chickens.

TAke six Chickens, quarter them, cover them almost with water, and season them with Pepper and Salt, and a good handful of minced Parcely, and a little white Wine, when they are boyled enough put six Eggs only the yelks, put to them a little Nutmeg and Vinegar, give them a little warme or two with the Chickens, poure them altogether into the Dish and serve them in, when you put on the Eggs, and a good piece of Butter.

To make an Almond Caudle.

TAke three pints of Ale, boyle it with Cloves, Mace, and sliced Bread into it, then have ready beaten a pound of

the better, knead all theſe together t
you may rowl the paſt, then rowl it for
with the top of a bowle, then prick the
with a pen made of wood, or if you ha
a comb that hath not been uſed, that wi
do them quickly, and is beſt to that pu
poſe, ſo bake them upon pye plates, b
not too much in the Oven, for the he
of the plates will dry them very much
after they come forth of the Oven yo
may cut them without the bowles o
wh at bigneſſe or what faſhon you pleaſe

To make beef like red Dear to be eaten cold.

TAke a buttock of beef, cut it the long wayes with the grain, beat it well with a rowling pin, then broyl it upon the coals, a little after it is cold, draw it throw with Lard, then lay in ſome white wine Vinegar, Pepper, Salt, Cloves, Mace and Bay-leaves, then let it lie three or four dayes, then bake it in Rye paſt, and when it is cold fill it up with butter, after a fortnight it will be eaten.

To

To make Puffs.

TAke a pint of Cheese Curds and drein them dry, bruise them small with the hand, put in two handfuls of flower, a little Sugar, three or four yelks of Eggs, a little Nutmeg and Salt; mingle these together and make them little, like eyes, fry them in fresh butter, serve them up with fresh Butter and Sugar.

To make a Hash of Chickens.

TAke six Chickens, quarter them, cover them almost with water, and season them with Pepper and Salt, and a good handful of minced Parcely, and a little white Wine, when they are boyled enough put six Eggs only the yelks, put to them a little Nutmeg and Vinegar, give them a little wame or two with the Chickens, poure them altogether into the Dish and serve them in, when you put on the Eggs, and a good piece of Butter.

To make an Almond Caudle.

TAke three pints of Ale, boyle it with Cloves, Mace, and sliced Bread into it, then have ready beaten a pound of

blanched Almonds ſtamped in a
with a little white Wine, then ſtrain
out with a pint of white Wine, thick
your Ale with it, ſweeten it as you pleaſe
and be ſure you skim the Ale well whe
it boyles.

To make ſcalding Cheeſe towards the latter end of May.

TAke your Evening Milke and put
into Boules, or Earthen Pans, then i
the Morning fleet off the Creame in
boule by it ſelfe, put the fleet Milke into a
Tub with the Morning Milke, then put in
the nights Creame, and ſtir it together,
and heat the Milke, and put in the Ren-
net, as for ordinary new Milke Cheeſe
it is to be made thicke; when the
Cheeſe is come, gather the Curd into a
Cheeſe cloath, and ſet the Whey on the
fire till it be ſeething hot, put the Cheeſe
in a Cloath into a Killar that hath a
waſte in the bottome, and pour in the hot
Whey, then let out that, and put in more
till your Curd feele hard, then breake
the Curd with your hands as ſmall as
you can, and put an handfull of Salt to
it, then put it into the Fat, thrune it at
noon and at night, and next day put it
into

Trough where Cheese is salted every day, and turne it as long as any will enter, then lay it on a Table or Shelfe all Summer; if you will have it mellow to eat within an yeare, it must be laid in Hay in the Spring; if to keep two yeares, let it dry on a Shelfe out of the Wind all the next Summer, and in Winter lay them in Hay a while, or lay them close one to another; I seldome lay any in Hay, I turne and rub them with a rotten cloth especially when they are old once a week least they rot.

To pickle Purslaine.

TA[illegible]ine, stalks and all, boyle them ten[illegible] faire Water, then lay them drying upon linnen Clothes, then being dryed, put them into the Galley-pots and cover them with wine Vinegar mixt with Salt, and not make the Pickle so strong as for Cucumbers.

FINIS.

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To